

TIMES JOURNAL

Serving Albany - El Cerrito - Kensington - Thousand Oaks

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ALBANY-EL CERRITO, CALIFORNIA WEDNESDAY, FEBRUARY 17, 1982

NO. 19

The end of recycling for free in 2 cities

By ARLENE EAGAN
EL CERRITO — Increased costs and depressed market for newspapers and aluminum forced the city of El Cerrito to discontinue free curbside pick-up of recyclable materials in Kensington and Albany on March 1.

City's E.C.ology Recycling has made free weekly curbside collections in these cities for the three years, but this service is operating at a deficit.

Curbside collection report shows of \$393.04 in Kensington and \$1,000 in Albany during December, there were 28.67 tons collected in Kensington and 26.84 tons from

Boyle, assistant director of utility services in El Cerrito. E.C.ology will continue curbside pick-up in El Cerrito. E.C.ology will curbside pick-up in Albany Kensington if those cities pay for costs of the service, plus a 25 percent charge for administrative costs, he said.

Albany Recycling Committee meeting the issue, and will meet at 8 p.m. on Feb. 17 at 8 p.m. The committee's report will be completed March 1.

(Continued on Page 10)

Opening day: local color at the track

By CHARLES BURRESS
ALBANY — The "smart money" was on those who pore over racing programs like IRS agents over tax returns, had a collective attack of raised brows at 4:38 p.m. last Tuesday.

A 30-to-1 shot had just won the race on the first day of the new season at Golden Gate Fields. The horse, Dusty Trader, belonged to the president's brother, Knute Knute, who was suddenly richer by \$600.

Of course, it's just a coincidence, mumbled one track veteran, "I had just lost \$100 by betting on favorite in the race, a 3-year-old Angles upstart named Jet Trav-

er. But a long-time track handicapper isn't surprised. "If you ride the boss's horse in the future race on opening day, you'll do a good job."

The jockey, 114-pound Danny Nick, earned 10 percent of the winnings. The horse got a new blanket.

The guy who lost the hundred took a stride. An off-duty policeman looked to be in his 50s, he had just picked three winners and was worth \$1,000 ahead. Declining to identify himself, he said, "Just call me (Continued on Page 17)"

WANTED: One, big, cheap library

By ROBERTA ALEXANDER
ALBANY — The City Council and the Board of Education held a rare joint meeting last week to deal with the need for a larger library and the problem of vandalized public restrooms. The elected officials showed up but few members of the public did.

After county and city librarians made a presentation, there was general agreement that the library needs more room. The discussion focused on how to provide it, since city cannot afford a major capital expense.

The question concerns both governmental bodies because the library building belongs to the city, but is located in school district land. A 99-year lease was signed in 1911.

Board member Robert Nehls wanted the librarians' opinion on moving to another site, noting that the Solano Avenue location was "prime real estate."

"We've got a magnificent building here - the Veterans Building," City Council member Anne Rotramel said. "The last time we asked about that building the vets said, 'By God, that's for veterans of past wars and veterans' future wars,'" she said. "Well, there won't be any veterans of future wars, so let's ask again."

There are many alternative plans under discussion: the library to take over the city-owned building next door, now used by the adult school; to build a second story; to build across the alley toward the school administration building; to bring in a developer to construct a combination office building/library; to sell the Solano Avenue parcel on which the library now stands to a developer and move the library to another location.



How much yarn will Regina Randolph need for her weaving?

200 years ago at Cornell

ALBANY — It may have been 1982 in the rest of town, but in Cornell School recently, it was more than 200 years earlier.

"Colonial Day" gave the fifth grade classes of Lois Breault and Joan Rector a chance to try out some of the things they'd been studying for the past seven weeks. They had read books, seen films, drawn pictures, built models of Colonial villages — now it was time for the real thing.

Everyone was dressed for the part, the girls in mob caps, the boys in Pilgrim collars.

Life in Colonial Cornell began with making bread and churning butter to go on it. The rest of the day was spent trying their hands at other old-time skills: making tin lanterns, making a Horn book (using quill pens and ink), making hex signs (a symbol of good luck), weaving, making yarn dolls, and dipping candles.

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In the photo at left, Jaya Gutierrez, left, and Richard Rios hope for good luck while they make hex signs. In the photo above, Patrick Brown tries out an old skill and dips a candle.

Times Journal photos by Michael Russell

Election races heating up

By JEFF CHESTER
ALBANY — The filing deadline for the April 13 election saw Robert "Skip" Howie challenging incumbent City Attorney Robert Zweben and a field of five candidates vying for two city council seats.

Police Chief James Simmons, also up for re-election, will run unopposed.

Howie, an attorney with the Solano Avenue law firm of Foley, McIntosh & Foley, moved into the city at the end of January in order to qualify for the race. A former deputy district attorney in Contra Costa County, Howie emphasized, in his candidate's statement, that he would not charge the city "extra fees" for routine litigation services. He said, for example, that he would not have charged for representing the city for the recent Liquor Barn and Civil Service Board cases.

The city attorney's office 1981-82 budget is \$553,080 with \$26,374 in annual salary. The total budget includes \$9,000 to pay for a legal secretary, \$6,000 to cover court litigation and \$7,000 to cover hiring outside attorney's to handle litigation.

Howie stated that Zweben "created the impression when running for election that he would reduce the budget costs for his office." Howie said that the \$26,000 salary was sufficient payment for the position.

Zweben disputed his opponent's assertion about the high cost of litigation, saying that the city attorney's budget is a "very small" part of the city budget. Zweben called his opponent's claim that he would volunteer litigation services a "campaign gimmick which reveals his naivete about the city attorney's position."

Zweben said that had reduced the amount of litigation since he had handled the position in a "professional manner." He said that his record should help re-elect him to another four-year term.

Mayor William Lewis had announced earlier that he would not run for another term, leaving only City Council member Louis George running.

(Continued on Page 17)

50 years of service to needy

By ROBERTA ALEXANDER
EL CERRITO — When the Depression came to the Bay Area, many people were out of work and hungry. One group that tried to fill that big need will celebrate its 50th anniversary this month.

The golden anniversary luncheon of the Catholic Ladies Aid Society of St. John the Baptist Church will be held on Sunday, Feb. 21, at 12:30 p.m., at the Cerrito City Club, following an 11 a.m. mass at the church.

The local chapter, branch 67, began on Feb. 18, 1932, according to its constitution. "Its objects are the relief of the poor without regard to creed or nationality, and to the social, moral and intellectual improvement of its members."

Its 29 charter members were: Mary A. Kearns (president), Marie Allinor, Marion Brecko, Lucy Brensel, Irene Canonica, Mary Curtin, Marietta Charbeneau, Allison Emerine, Mary Foley, Ella Gallagher, Katherine Krumlinde, Gladys Navallier, Rose Pircher, Ellen White, Mary Lenzen, Mary Hunter, Catherine McDermott, Haidee Hodapp, Mary Costin, Lena Eckmann, Nottie Gullar, Grace Sullivan, Eleanor Davis, Nellie Costello, Philomena O'Brien, Catherine Doyle, Pauline Gay, Odele Jackson and Katherine Esola.

The parent organization, located in Oakland, was started in 1887, and is the oldest of the Catholic Charities organizations.

The El Cerrito group was busy from the start, averaging 50 to 60 sick calls a month, as well as many calls for clothing, food and lodging. The branch also began its tradition of serving breakfast to children receiving First Holy Communion.

In 1938, the group instituted two other activities that have continued

(Continued on Page 10)

Demoted firefighter wins his case

By ROBERTA ALEXANDER
ALBANY — Sparks may fly Monday night when the City Council meets in executive session to consider an arbitrator's ruling in the long and angry case of disaffected firefighter John Palmer.

The arbitrator's decision provided that Palmer be granted back pay, that he take a class to help him learn how to get along with people, and that the city provide him with up to 20 hours of psychotherapy. City Administrator William Haden declined comment on the ruling.

The report is supposed to be "final and binding," subject to ratification by the City Council of non-budgeted items.

Palmer, a nine-year veteran of the Albany Fire Department, was demoted last winter, during his probationary period, from assistant chief to captain. In the resulting protest, Palmer claimed that he was demoted because he refused to take sides in a dispute between Fire Chief Horace Koepke and former chief Gerald Brown.

He also claimed that the city was "lackadaisical" toward public safety. City officials charged in turn that Palmer didn't get along well with colleagues and had a negative attitude.

(Continued on Page 17)

Meet city manager

EL CERRITO — The Richmond League of Women Voters will sponsor a "Brown Bag Forum," Thursday, Feb. 18, at noon, to allow the public to meet and question Ronald D. Creagh, the new El Cerrito city manager. The event will be held at the El Cerrito Co-op Shopping Center, 1751 Eastshore Blvd., El Cerrito.

No decision was reached. As several participants noted, the issue is complicated because it involves a city government, a school district and a county library system.

The library now has more than 38,000 volumes, about twice as many as the American Library Association recommends for the amount of floor space in the building. The staff shares books with the schools and other community agencies.

Council member Rotramel said that she had often observed elderly citizens reading newspapers in the library, and suggested that they might be steered to the senior center.

"Part of our large print collection is in the senior center," city librarian Ronnie Davis responded. "We don't want to send them off to be with only seniors; they are part of the community."

There was also discussion of shared school-city library facilities, and Davis pointed out that the library brings books to the high school each month, and that the children's librarian visits every classroom.

Board member Kay Rabin said that she thought it was important for children to learn how to use and appreciate the public library, since this is what they will have access to when they leave school.

Parent Benny Tjoa urged the politicians to use the adult school building adjoining the library, but no-one responded to his suggestion. Sometime later, Tjoa brought it up again.

(Continued on Page 4)

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Helen Caldicott, M.B., B.S., President, Physicians for the Elimination of Nuclear Weapons
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Mail bag

Long-lost resident

Editor:

A few years ago, when we moved to Costa Rica (bag, baggage, pets, grandmother, teen-agers and all), I promised to write you about our adventures. But I have been so busy living, I haven't had time!

However, today, while

listening to the news...gloom, unemployment, energy crises, wars...it occurred to me your readers might enjoy the saga of the Birds. So here I am, pen in hand...

Just like Columbus, we have "discovered" South America. We are now in Colombia (a democratic republic, known for its respect of human rights) where, for the first time in many years, we can walk

the streets with little fear, while enjoying a cost of living among the lowest in this hemisphere.

It all began when we found a lovely, old coconut plantation on the Caribbean Sea. And, to complete its unique setting, when we looked away from the sea, we saw, towering over everything, 19,000 feet high and snow-capped the year round, majestic Mount Co-

lombus. We knew instantly we were home!

It may be hard to believe, hundreds of waving, green palms, blue sky and sea, pounding surf, golden sand, snow-capped and skiable peaks, but it is all here, on the Pan American Highway near Santa Marta, the oldest (456 years) city in all of the Americas.

So, we have a new love: our beach and home in Co-

lombia. We feel we have found something excitingly different and, being human, we have to share it. (We are in retirement, have dared to dream and are making it come true. Sometimes difficult, but never boring.) You may, if you wish, write us by international air mail (35 cents per half-ounce) at P.O. Box 5222, Santa Marta, Colombia. It may take a little while, but we promise to answer each and every letter.

Now, from beautiful Santa Marta, we wish you salud (health), dinero (wealth) and much amor (love).

Juanita Bird
(Mrs. Lewis Bird)

Thanks for the story

Editor:

I would like to congratulate and thank Roberta Alexander and Michael Russell for the article on my exercise class for older people at the Open House in El Cerrito.

They neatly captured in word and picture both the

activity and the spirit of the class. I appreciate their excellent written and photographic reporting. Thank you!

Sincerely,

Megen Sullivan
Berkeley

AHS gets high marks

Editor:

As the principal of Albany High School, I want to stress an important point: as stated in the Year of the High School Report, we have a good teaching staff at our school. They should be proud of their accomplishments and equally proud of the lives they have helped to mold. Our graduates continually affirm the positive influence of their former teachers, and our teachers deserve public recognition.

One of the signs of a good school is the recognition it receives outside the community. This week we were notified by the State Department of Education that Albany High is one of the high schools in Calif-

ornia with high student achievement. The department will conduct a study of Albany High and seven other "successful" schools to determine why their students, especially their minority students, do well academically. We are delighted with this recognition and look forward to the conclusion of the study.

Another sign of a good school is its commitment to be better. We have this commitment at Albany High. To help improve our school, the Report recommended additional lines of communication with the community. To this end, I am initiating a new practice. Beginning March 16 and through May, I will be available in my office on the first and third Tuesday

evenings of the month to discuss significant concerns of community members. Appointments may be made by calling office (525-7131) between 7:30 a.m. and 3:30 p.m. or by calling district office (525-7131) after 3:30 p.m. However, you must wait for one of the evening meetings.

I urge you to come on specific matters concerning our school. I assure that your concerns will be dealt with promptly and effectively.

Albany High School

Let us know if your school is having any problems. Tell us.

Times Journal
Solano Ave. A
94706.

Cable TV

EL CERRITO following scheduled announcement of events Channel 2B access:

Tuesday, Feb. 22, 8:30 p.m., "Talk of the town" followed at 8:30 by program.

Wednesday, Feb. 23, 8:30 p.m., 50-50, followed by a taped program.

Thursday, Feb. 24, 8:30 p.m., "Gourmet Bay," with guest Mozzarella and Creamcheese.

Friday, Feb. 19, 10 a.m., "Holistic Health" guest Carol Carpenter and Saturday, Feb. 20, 10 a.m., "Jump-In," a pation show for children.

Note of thanks

I wish to convey my thanks and appreciation to both the police and fire departments in Albany, for the quick and efficient response when recently my husband suffered a heart attack. It is assuring to know in a time of emergency that help is only minutes away.

Again I say thank you and keep up the good work.

Sincerely,

Mrs. Mario Lavagnino

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Radio therapy: jobs relationships, loneliness

By ROBERTA ALEXANDER

THOUSAND OAKS — Dr. Nadine Payn sometimes feels that she is spending all of her time listening to people's problems.

That's not so unusual, since she is a psychologist in practice at the Solano Center here in north Berkeley. But Payn also lends her therapeutic ears to thousands of Bay Area residents who tune into her weekend gig on KGO-Radio: "Matters Psychological."

Payn, who's been a radio therapist for a year and a half, finds the experience exhilarating and exhausting.

"Here (at the center) I work in depth, and on the radio I reach a lot of people, so that provides a good balance," she said.

Payn is in her mid-30's — "I have a hang-up about my age," she said — and happy to combine her professional expertise with her love of media. She has, in fact, recently helped to form the Association for Media Psychology, an organization for on-the-air therapists concerned about the balance between therapy and entertainment.

"I started out wanting to be a journalist," she explained, saying that after she graduated from Brandeis University, she became a research assistant for CBS News in her native New York.

She soon realized that the route to success for women involved a lot of secretarial time, and she went on to graduate school in psychology, earning her Ph.D. at UC-Berkeley.

Her three-hour call-in show includes a number of features. Usually she chooses a topic — for example, fear of intimacy — and talks about it.

"I tell a clinical vignette and I ask if anyone in the audience had an experience either with someone who seemed to have a fear of intimacy, or perhaps themselves felt that way, and I ask them to call," she said.

She treats each call with utmost seriousness.

"It may be a practical joker or a psychotic, and I can't tell from a few moments conversation. I want the caller to feel better after we talk, not worse," she said.

She tries to accomplish this by suggesting alternatives that the caller may not have considered: a new way to look at a situation, a book on the subject, etc.

Part of each show is devoted to calls on miscellaneous subjects, and sometimes she brings in a guest, usually a psychologist with a specialty, such as alcoholism, and then invites calls on that subject.



Nadine Payn, radio therapist

"My most bizarre call came from a man who said that he had a sexual problem because of the malathion spraying, and he could only be turned on in the presence of fruit flies," she said.

Contrary to expectation, however, Payn said most of her calls do not deal with sex, but with relationships, loneliness or job-related issues. She is particularly pleased when her listeners are able to help each other, by talking about how they have coped with a similar situation or suggesting another resource.

One of Payn's own specialties is money; she and her colleague, Dr. Stephen Goldbart, are now writing a book tentatively titled "Love and Money." The two will offer a workshop on the subject on Friday, Feb. 19 from 6 to 10 p.m. at the Claremont Hotel in Berkeley. For registration information, call 525-5660.

"Money problems are one of the top three causes of divorce," Payn said. She thinks the problem is getting worse, both because of inflation and job layoffs, as well as because more women are working outside the home.

"There are power struggles around money; there's competition, resentment, guilt," she said.

She said that couples sometimes have problems when the woman earns more than the man; perhaps the man feels "unmanly" or the woman feels he isn't doing his share.

"If a couple decides to split their expenses 50-50, and he makes a lot more money than she does, what happens when they go on vacation or out to eat?"

Payn's answer to these kind of problems is to discuss the subject openly and to negotiate compromises. She believes it is important to discuss in a dating situation, as well as for couples who are married or living together.

"Money is like the last taboo," she said. "People can talk more easily about sex than they can about money."

Payn herself doesn't talk easily about money, saying only that her stint on the radio "doesn't bring in the kind of money people think. If I were on the radio full time, I would only make about \$50,000 a year. On TV you could earn \$200,000 a year, but I make about the same as I do for a clinical hour."

She said that she used to be intimidated by talk about money.

"No one ever mentioned in graduate school that if you're going to be a psychologist, you're going to be running a business. I was never sat down by my father for a talk on business," she said.

As a result, she is still learning about money and her attitude toward it, she said: "it's important to learn not to be afraid of money and its power."

Nuclear war film slated

ALBANY — "The Last Epidemic," a 36-minute film about the effects of nuclear war, will be shown here on Wednesday, Feb. 17, at 8 p.m. at Marin School, corner of Santa Fe and Marin.

Refreshments will be served and there will be a question and discussion period after the film.

Produced under the auspices of Physicians for Social Responsibility, the film combines medical testimony, documentary footage, graphic aids and scenes in Japan after 1945 atomic bombings of Hiroshima and Nagasaki.

A concerned group of Albany citizens is now helping to circulate petitions that would place on the November ballot the Bi-lateral Nuclear Weapons Freeze Initiative, a measure, which will not have the force of law, would require Gov. Brown to tell President Reagan about the public's concern over the danger of a nuclear war between the U.S. and the Soviet Union, and would propose that both countries halt testing, production and deployment of such weapons, according to William Woolworth of the Albany citizens group.

He said to obtain petitions, help with the campaign or get further information, interested persons may call 524-702 or 525-5909.

New commissioners

EL CERRITO — The City Council has made appointments to seven of the city's commissions, leaving only one vacancy on the Tree Commission to be filled.

Announced last week, the appointments include:

- Board of Appeals — Otto Palombo and Mike Hing (reappointed).
- Design Review Board — Kevin Stong.
- Environmental Quality Commission — Art Olsen and Ray Syputa (reappointed).
- Parks and Recreation Commission — Michael Aaronian (reappointed).
- Planning Commission — Nicolette Mandel and William Scott (transferred from Tree Commission) and Bob Bacon (reappointed).
- Safety Commission — Carol Ballanti (transferred from Board of Appeals) and Victor Guyot (reappointed).
- Tree Commission — Virginia Jed.

Free vision tests offered

There will be a free vision screening for seniors on Feb. 19 at 9 a.m. at the North Berkeley Senior Center at the corner of Grove and Hearst.

The screening, which is sponsored by North Berkeley Senior Center Advisory Council and the Berkeley Lions Club, will be on a first-come-first served basis for those registered. Others will be tested if there are empty time slots. Call 644-6107 to register.

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Abortion rights talk

The East Bay National Organization for Women (NOW) will discuss continuing attacks on abortion rights and actions to protect

rights on Feb. 17 at 7:30 p.m., at the North Berkeley Senior Citizens' Center. Everyone is welcome to

attend. East Bay NOW meets the third Wednesday of each month. For more information, call 834-7897.

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Playground program opens

EL CERRITO — A playground program sponsored by the City of El Cerrito will be open on Saturdays from 11 a.m. to 4 p.m., February through June.

Park leaders will be at Fairmont, Harding, Poinsett,

Tassajara, Cerrito Vista, Arlington, Castro and Canyon Trail Schools. Parents are invited to visit and to bring preschoolers for the activities.

For more information, call 525-6748.

Whiting gets board post

KENSINGTON — Jack Whiting of Kensington was named executive vice president of the Berkeley Board of Realtors at the board's recent installation of officers.

Other directors of the organization include Kensington's Lorraine Osmundson and Norm Williams, and Albany's Peter Campbell.

SCHOOLS

(Continued from Page 1)

"I am mad that you are not discussing this issue," said. "You won't address this because it is a political issue."

School board president Jean Tenret denied the charge, and city officials said the use of that building one among several possibilities being considered. City administrator William Haden explained that Ballot Measure B, if passed, would permit the city to issue revenue bonds for industrial or commercial development.

The public restroom fracas arose during a discussion of the middle school park. Bud Rooney, head of the park and recreation department, told the officials that the city was ready to install playground apparatus and lighting on the field.

"The light fixtures and wire were donated, and as soon as we get light poles, we'll put it in," he said, explaining that both soccer and softball players would more use out of the field if it were lit at night.

The school district has restrooms at the playing fields but these are not open to the general public.

Rooney said, however, that at the present time, there were no plans to install restrooms, since there was no money to supervise the site and therefore the facilities were to be vandalized. He said that vandalism had led to the closure of the bathrooms at Memorial Park.

Several people suggested that the group using the park be made responsible for bathroom supervision. Rooney agreed that this would cut down on vandalism, added, "The building itself attracts vandals."

"It's not good for the plants or ground cover to have a restroom," he went on. "Plants are killed by ball players who use the field at night."

Rabin expressed concern about the number of children who would be likely to use the middle school park, and who would need a bathroom nearby. He pointed out that Jerry Brunetti pointed out the irony of building a park which will be used: "if there is no restroom, vandalism will increase," he said.

The suggestion of a chemical toilet didn't win supporters, with several people noting that these subjects to substantial vandalism.

"I used to tip them over when I was a kid," he confessed.

Council member Bill Johns suggested getting school volunteers to staff the bathrooms at Memorial Park, but Superintendent Stephen Goldstone had poohed the idea.

"It's going to be hard to get high school volunteers to be bathroom monitors," he said.

Senior activist Catherine Webb supported the idea of student volunteers.

"This is a challenge to the community to develop a core of labor. Those students should be treated with respect," she said.

Goldstone responded that he preferred to see student volunteers working in direct services, such as in housing or with the elderly.

"Don't call them 'bathroom monitors,' but 'ground supervisors,'" Johns said.

Webb suggested that students be encouraged to paint murals in order to cut down on graffiti. Rooney felt this was a temporary solution; "after a couple of years they'll be destroyed," he said.

He pointed out that city crews had on six occasions replaced the bricks in the barbecue pits built by the American Legion.

For board member Peggy Thomsen, there was much point in setting up projects for students to volunteer for unless the adults were going to be out there working alongside; "if that's what the community wants, the adults should do it," she said.

"It's a sad state of affairs that everyone has to be afraid of the minuscule number who cause destruction," he said. "And how to correct that small percentage don't know, any more than I know how to correct small percentage at San Quentin."

"The schools can't do it all," Goldstone said. "We're hard-pressed to do our basic job, and cannot respond to every need."

Rotramel wanted to know if there was a public problem with people urinating in the bushes. She asked for clarification: "are we worried about thuggish scribbled walls? Who cares about the walls if the plumbing works?"

"The graffiti is a minor problem," Rooney said. "We're talking about people who drop a cherry down a porcelain commode."

"The publicly owned lavatories will be useless if we figure out how to stop them from stopping up the toilets with toilet paper, gunny sacks and dead cats; and stealing the fixtures right off the walls," Haden said.

The problem, Brunetti said, was that by not having restrooms, the wrong people were punished.

"Why don't parents stop kids from making bombs? If a kid is caught and comes before the board, parent says the kid didn't know what he was doing or teacher was out to get him or he just happened playing with chemicals," Haden said.

Rooney said the existing restrooms were open during the summer when the play areas were supervised.

On a happier note, Rooney reported on plans to host the state's Special Olympics to the Bay Area. This session

(Continued on Page 10)

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Johnnie Walker Red 750 ml \$8⁹⁹

Cutty Sark 750 ml \$8⁹⁸

Scotia Royale 750 ml \$7⁹⁸

Hedges & Butler 1.75 Liter \$12⁹⁸

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Smirnoff 1.75 Liter \$9⁹⁸

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Senior centers

ALBANY
The center is at 846 Masonic Ave., 644-8500. Hours: day-Friday, 9 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m. Sunday, noon-4 p.m.

Special events
Income tax help will be available every Monday and Tuesday, 1:30 p.m., until April. Bring 1980 tax return all information for 1981.
Two new classes in February: Stretch Yoga, done to c, Tuesdays at 10 a.m.; and intermediate T'ai Chi, for those with some experience, Wednesdays at 1:45 p.m.

Legal assistance for Alameda county residents, by appointment, Wednesday, Feb. 17, 10 a.m.
Blood pressure clinic, Monday, Feb. 22, 1-3:30 p.m.
Senior housing town meeting, sponsored by Albany Council, at the center, Tuesday, Feb. 23, at 5 p.m.
Writing workshop: "Friends and Friendship," taught by Nancy Alancraig, for writers of all ages, Saturday, Feb. 27, 1 p.m.

Senior van service is expanding to include medical as well as shopping. Call the center for details.
Transportation
Call at least one day in advance for reservations for or van shopping trips. Wednesday mornings: El Cerrito Plaza. Friday mornings: Solano Avenue. Requested amount, 50 cents per round trip.
Persons confined to wheelchairs may purchase special transportation vouchers.

Classes
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Tuesday: search for meaning, 10 a.m.; stretch yoga, 10 a.m.; folk & square dancing basics, 1 p.m. (Special instruction for beginners in folk and square dancing from noon to 1 p.m.); English as a Second Language, 1 p.m.

Wednesday: photography and the family album, 9:30 a.m.; "The World Today," 10 a.m.; newly widowed, 1:30 p.m.; T'ai Chi Chih (intermediate), 1:30 p.m.

Friday: chess group, 10 a.m.; community service, 10 a.m.

Saturday: Saturday poets, 10 a.m.

Social Security

Field representative at the center the first and third Friday of the month at 3 p.m. to answer questions about Social Security, SSI and Medicare.

Income tax

Income tax help is available every Monday and Thursday at 1:30 p.m. Bring 1980 tax return and all information for 1981.

Continuing events

Barber service, Thursday, 9 a.m. to noon. Donation requested.

Bingo, Thursday and Saturday, 10:30 a.m.; Sing-along, Thursday, 11:30 a.m.; Bridge, Friday, 12:15 p.m.

Cards and conversation, Thursday, noon-5 p.m.; Saturday, noon-4 p.m.; Sunday, noon-4 p.m.

Chess group, Friday at 10 a.m.

The senior prom ballroom dance is now being held at the center, Saturdays from 8 to 11 p.m. Refresher lesson at 7:30 p.m. Donation, \$1.50 (includes refreshments).

Meals on Wheels

Home-delivered meals are available for elderly disabled residents. The food is prepared at Alta Bates Albany Hospital and is delivered at midday by a volunteer driver. Regular, low-salt and diabetic meals are available.

(Continued on Page 6)

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"Golden Grads," alumni of San Jose State University from 50 years ago or more, is planning a week-long homecoming for the university's 125th anniversary celebration.

Spartan graduates from 1932 and earlier are eligible and should call the Alumni House at (408) 277-3235.

Y college tours slated

ALBANY — The Berkeley-Albany YMCA is sponsoring two tours of Bay Area Colleges on March 18-20 and May 6-8.

The tour visits with representatives from California State University at Hayward, San Jose State, Stanford, San Francisco State, and University of California campuses at Berkeley, Davis and Santa Cruz.

The cost of the tour is \$135. Enrollment is limited to 10 participants per trip. For more information, call 525-1130 during business hours.

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Dinner for Riles

ALBANY — A buffet reception honoring Wilson Riles, Sr., state superintendent of public instruction, will be held Tuesday, Mar. 2, from 4:30 to 7 p.m. at

757 Pierce St., Albany. Tickets are \$10 a person and may be obtained from the following people: Jean Tenret, Steve Goldstone, Kay Rabin, Jim Walker,

Jill Rosenquist, Peggy Thomsen, Bob Shogren, Melinda Martin, Jon Frank, Muriel Wessels, Booker Jackson; or by calling 527-2449.

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<p>SOY SAUCE KIKOMAN GAL. 4.69</p>	<p>SPPAM HORMEL 12-OZ. 1.49</p>
<p>EGGS OLIVERA Large Doz. 79¢</p>	<p>NOODLES RAMEN 3-OZ. 6/\$1</p>
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Prices Effective Feb. 17 thru Feb. 23, 1982

Senior centers

(Continued from Page 5)

To order, please call the center at 644-8500 one week in advance. Leave name, address and phone number and coordinator Velma Grasso will call you back.

Bus tours

Schedule of trips for 1982 is now available.

Menus

The nutrition site meal is served at 4 p.m. Advance reservations are required. The suggested minimum donation is \$.75 for seniors, \$.30 for persons under age 60. Monthly menus are available.

EL CERRITO

Open House
Located at 6500 Stockton Ave., behind the library; 526-0124. Drop in lounge open weekdays from 9 a.m.-2 p.m. Lunch daily at noon. Closed Feb. 12 and 15.

Classes

Monday: Tai Chi, 10 a.m.; bridge, 12:30-3 p.m.; be-

reavement counseling, 2 to 4 p.m.; fun night (second Monday of every month), 6-9 p.m.

Tuesday: fitness, 9:30 and 10:15 a.m.

Wednesday: mild exercise, 9:30-11 a.m.; needlework, 10:30 a.m. to noon, knitting, 12:30-1:30 p.m., whist, 1-3 p.m.

Thursday: fitness, 9:30 and 10:15 a.m.; information & referral, 10-1 p.m.

Friday: fitness, 9:30 a.m.; barber 9 to noon; darts, 9 a.m. to noon; bingo, 12:30 p.m.; birthday surprise, fourth Friday, 12:30 p.m.

Special events

Tuesday, law class, 2 to 4 p.m. Feb. 23, probate. Wednesday, Feb. 17, bread making, 9 a.m. to noon. Wednesday, Feb. 24, cooking for men only, 1-3 p.m.

Wednesday, Feb. 24, public health nurse, noon. Thursday, Feb. 25, podiatrist, 9 a.m. to noon, appointment necessary, \$2 fee. Friday, Feb. 19, Social Security representative,

noon.

Christ Lutheran

Mondays, 9 a.m.-2 p.m. at 780 Ashbury Ave. at Stockton.

Craft classes (pressed flower stationery, macrame, jewelry, weaving) are taught in the morning. \$5.00 lunch at noon. Afternoon program of information, speakers, community singing, sit-down exercises and folk dancing.

The program is co-sponsored by the Richmond Unified School Adult Education program.

On Feb. 22, February birthdays will be honored at lunch. There will be a speaker from Herrick Hospital and a free skin screening for members at 1:45 p.m.

St. John's Center

For El Cerrito residents 60 or over. Meets in the Catacombs Building, 6510 Gladys St., Tuesdays from 9 a.m.-2 p.m. Phone Tuesday only, 234-2797 or center director N. Gans at 529-1114.

The Center is part of the Richmond Unified School Adult Education program, and trained volunteers teach morning classes in ceramics, jewelry, tin and glass, me, knitting and crocheting, watercolor painting, cards and table decorations.

On Feb. 23, February birthdays will be honored at lunch. There will be a speaker from the city fire department's emergency medical care division will speak on emergency medical care.

Community Center

Monday, 6-9 p.m. at El Cerrito Community Center, 7007 Mooser Lane. Program: first week, bingo; second week, cards and games; third week, cards and games; fourth week, cards and games. If there is a special program.

For information call 525-6747.

Senior Citizens Club

Meets Thursdays, 5-9 p.m. at St. John's Center. (Continued on Page 7)

Clubs

ALBANY

Band Boosters: A Band Boosters business meeting will be held Monday, Feb. 22, at the Middle School library. The "spaghetti symphony" will be evaluated, and future plans made.

Eastern Star: Albany Chapter 550 OES will honor appointive officers on Friday, Feb. 19, at 8 p.m. in El Cerrito Masonic Temple, 6922 Stockton. Mary Roy, worthy matron, and George Roy, worthy patron, will preside. Visitors are welcome.

Scandinavian club: Framat Lodge, Vasa Order of America, meets once a month at the Albany Temple, 533 San Pablo Ave. Activities include dinners, cultural events, dances. For more information, call 527-3134.

Bridge club: The club meets at noon on Mondays and Thursdays at the University Village Community Center, 1123 8th St. For more information, call 232-6689.

Albany Lions: Albany Lions Club meets Thursdays at 7 p.m. at Kirby's in El Cerrito Plaza.

Albany Rotary: Albany Rotary Club meets Tuesday at 12:30 p.m. at Spenger's Fish Grotto in Berkeley.

Soroptimists: Soroptimist International of Albany meets Wednesdays at 12:15 p.m. at Kirby's in El Cerrito Plaza.

On Feb. 17, there will be a fundraising roundtable and club education meeting.

Toastmistresses: The USDA Toastmistress Club meets the first and third Wednesday of each month at noon in the third floor conference room at the U.S. Department of Agriculture, 800 Buchanan St., Albany.

Visitors are invited to call Rita Millard or Brenda Sweeney at 486-3736.

Toastmasters: This organization of men and women who wish to improve their speaking, listening and leadership skills has five clubs in the Albany area. For information call Mike Meagher at 848-5451.

Scrabble: Albany Scrabble Players Club No. 41 meets each Sunday at 12:45 p.m. at 605 Carmel Ave. Call 526-8675 for reservations.

EL CERRITO

Kiwanis: The Albany-El Cerrito Kiwanis meets Tuesday at 7:30 a.m. at Carrow's Restaurant, 6120 Potrero Ave., El Cerrito.

El Cerrito Rotary: El Cerrito Rotary meets Thursday at 12:15 p.m. at Cerrito City Club, 1600 Kearney.

El Cerrito Lions: The El Cerrito Lions Club meets Tuesday evenings at 6:30 p.m. at the Cerrito City Club, 1600 Kearney.

Bridge club: The Community Bridge Club meets Mondays at 7:30 p.m., Tuesdays at 11 a.m. and homestyle bridge at 7:30 p.m. on Fridays at El Cerrito Community Center, 7007 Mooser Lane. For information call 232-6689.

Salt Water Revival: The El Cerrito Salt Water Revival Skin and Scuba Diving Club meets on the first Wednesday of the month at 8 p.m. at Harding Park clubhouse, 7115 C St. For information call 525-6229.

Catholic Ladies Aid: The 50th anniversary of St. John the Baptist Catholic Ladies Aid Society Branch 67 will be celebrated Sunday, Feb. 21, with an 11 a.m. Mass at the church, 11150 San Pablo Ave, El Cerrito, and a 12:30 luncheon at Cerrito City Club, Potrero & Kearney, El Cerrito.

Luncheon donation of \$5.50 should be sent to Hazel Cosgriff, 6110 Sacramento Ave., Richmond 94804. Call Hazel at 525-4075, Mary McElhannon at 525-3289 or Marcella (Continued on Page 7)

SAFEWAY FIGHT INFLATION

SHOP SAFEWAY

Boneless Beef Roast Sale

Cross Rib, Rump or Tip, Safeway Quality Beef

\$1.99
lb.



Boneless Top Sirloin Steak
or London Broil, Beef Round, Safeway Quality Beef

\$2.98
lb.



Fryer Parts Drumsticks or Thighs, Manor House (Wings, lb. 75¢) (Breasts, lb. \$1.39)

99¢
lb.



Pork Spareribs Small Sides
Frozen Fresh Thawed

\$1.28
lb.

TURKEY BONANZA!

Riverside Broth Basted Turkeys. 69¢
Hen or Tom, Frozen, USDA Grade A, 10 to 16 lbs.

Manor House Natural Turkeys 73¢
Hen or Tom, Frozen, USDA Grade A

Armour Golden Star Turkeys 79¢
Butter Basted, All Sizes, Frozen, USDA Grade A

Ground Turkey Meat 99¢
Frozen Fresh Thawed

Louis Rich Turkey Breasts \$2.98
Barbecue, Smoked or Oven Roasted

Jumbo Turkey Bologna 99¢
Manor House

Butter Basted Boneless Turkey \$1.69
Armour Golden Star, Frozen, USDA Grade A

Manor House Turkey Ham \$1.69
lb.

Manor House Turkey Franks 59¢
12 oz.

Boneless Chuck Roast \$1.99
Under Blade, Safeway Quality Beef

Boneless Beef for Stew \$2.19
Safeway Quality Beef

Blade Chuck Steak \$1.38
or Roast, Safeway Quality Beef

7-Bone Chuck Roast \$1.59
Safeway Quality Beef

Top Round Steak \$2.89
Safeway Quality Beef

Pork Sausage Links 59¢
Farmer John or Safeway, Frozen

Pork Tenderloins \$2.39
Boneless, Frozen Fresh Thawed

Sliced Pork Liver 98¢
Frozen Fresh Thawed

Pork Sausage Rolls 99¢
Dubuque, Mild or Hot, Frozen

Swift's Brown n' Serve \$1.25
Sausage, Variety, Frozen

Chum Salmon Steaks \$2.99
Frozen Fresh Thawed

Small Raw Prawns \$4.99
In Shell, Frozen Fresh Thawed

Raw White Shrimp \$5.98
Shell On, Frozen Fresh Thawed

Beef Oxtails \$1.59
Frozen Fresh Thawed

Safeway Corn Dogs \$1.39
Frozen Fresh Thawed

Chicken Patties \$2.99
Frozen Fresh Thawed

El Monterey Burritos 99¢
Red or Green Chili or Beef & Bean, Frozen, 16-oz.

Red Snapper Fillets \$1.99
Fresh, Pacific, Weather Permitting

Lamb Shoulder Roast \$1.79
Fresh, Sliced & Tied, USDA Choice

Lamb Round Bone Chops \$2.48
Fresh, USDA Choice

Shoulder Blade Lamb \$2.28
Chops, Fresh, USDA Choice

Fresh Leg of Lamb \$2.18
USDA Choice

Fresh Lamb Rib Chops \$3.29
USDA Choice

Braunschweiger Stick 79¢
Dubuque

Meat or Beef Franks \$1.59
Dubuque Plumper

Scotch Buy Bologna \$1.39
1-lb.

Galileo Sliced Salami \$2.59
Italian Dry

Smok-A-Roma Sausage \$2.29
Smoked or Kielbasa

FROZEN FOOD



Orange Juice
Scotch Buy, 12 oz.

77¢



Fried Chicken
Banquet, 2 lb.

\$2.79



Swanson Pies
Meat, 8 oz.

2 for 99¢

Pepperidge Farm
Layer Cakes, 17 Ounce

\$1.69

Elena Burritos
5 Ounce

3 for 89¢

Birds Eye Vegetables
Farm Fresh, 16 Ounce

\$1.19

LIQUOR, WINE & BEER

10% CASE DISCOUNT on Wines & Liquors, selected advertised specials excluded. No sales in excess of 20 gallons. No sales for resale. At licensed Safeway Stores only.

Gordon's Vodka
80 Proof, 1.75 liter
\$8.00

E & J Brandy
80 Proof, 750 ml.
\$4.99

Weibel White
Zinfandel, .75 liter
2 for \$5

Taylor California
Cellars Light Wines, Chablis, Rhine or Rose, 1.5 liter (New at Safeway) Special introductory Price
\$3.49

Old Milwaukee
Beer, 12 Pack, 12 oz. Cans
\$2.99

George Killians
Irish Red Ale, 6-11 oz. Bottles
2 for \$5

DAIRY FAVORITES

Chiffon Margarine
2-8 oz. Tubs
69¢

Nonfat Milk Lucerne, Gallon **\$1.49**
Cottage Cheese Lucerne, 16 oz. (32 oz., \$1.57) **79¢**

BREAD-WINNERS

Premium Bread
Safeway, 1 1/2 lb.
59¢

100% Wheat
Mrs. Wright's, 1 lb.
69¢

Items and prices in this ad are available February 17, 1982, thru February 23, 1982, at all Safeway Stores listed below. Sales in retail quantities only.

There's A SAFEWAY Near You!

Berkeley
• 2020 Oregon Street
• 1444 Shattuck Place

San Pablo
(L) 13222 San Pablo Avenue
(L) 100 El Portal Center

El Cerrito
(L) 10636 San Pablo Avenue
Richmond
(L) 4925 MacDonald Avenue

Albany
(L) 1500 Solano Avenue
(B) Safeway Bakery Dept.
(L) Safeway Liquor Dept.

Rodeo
(B) (L) 605 Parker

SENIOR CENTERS

(Continued from Page 6)

Gladsy and Lexington Streets.
First Thursday of the month: business and cards; second, bingo; third, birthday observances; fourth, potluck cards; fifth, special programs. For information: 526-2146.

Aurora-Kai Center

For Japanese-speaking senior citizens, first and third Sundays, 1-3 p.m. at 6510 Stockton St. Arts, crafts, exercises, ceramics, "Shigin" (poetry singing) and Social Security available. For information: William Waki, 525-1116.

KENSINGTON

Activity center, Thursday, 9 a.m.-2:30 p.m. at 52 Lexington Ave. Morning meditation. Workshops in crafts, tile games and bridge. Special programs after lunch: singing, bridge, clothing alteration class.

First Thursday, potluck lunch. Donate a food item or \$1.50. For the rest of the month, lunch of sandwich, coffee and \$1.75.

Howard Boyd will offer a series of four beginning bridge lessons, beginning Feb. 11, at 1 p.m. Call to preregister (526-9146).

Center participants will tour the Chevron Refinery in Richmond on Feb. 11. Bus seating is limited.

EAST BAY

Jewish Family Circle

This group of "Yiddishkeit" elders meets every Wednesday at the North Berkeley Senior Center from 10 a.m. to 11:45 a.m.

Group activities include singing Yiddish songs, reading poetry, and discussion. Lunch is available for 75 cents.

North Berkeley Center

Located at 1901 Hearst St., Berkeley, 644-6107. Sponsors a wide variety of classes on yoga, music, history, language, bingo, arts and crafts, dancing and other subjects.

Card and game rooms open 8 a.m. to 4:30 p.m.

(Continued from Page 6)

Doane at 525-1491 for reservations and information.

Members and past presidents and pastors and moderators who have served the branch since it was organized Feb. 18, 1932 have been invited, as have neighboring branches and the state office in Oakland. The branch has served the needy and the parish since its founding.

Native Daughters: Gloria Pavon, president, will preside at the next business meeting of Cerrito

de Oro Parlor 306, Native Daughters of the Golden West, on Wednesday, Feb. 17, at 8 p.m. at St. John's Hall, 6712 Portola Drive, El Cerrito.

A Valentine's Party will follow meeting. Chairing the evening are Ethel Murphy and Virginia Stanford. Parlor is sponsoring a trip to Reno on Mar. 24. For reservations contact Jennie Agresta, 525-6259.

KENSINGTON

Quilters: East Bay Heritage Quilters meet the last Monday of the month at

7:30 p.m. at First Unitarian Church of Berkeley. Drop-in quilting workshop meets the first Tuesday of the month at St. Jerome's Church in El Cerrito, 10 a.m. to 3 p.m. or 6:30 to 9:30 p.m.

For membership information drop a card to Box 6223, Albany 94706.

Singles: The Singles Club of the First Unitarian Church schedules many activities, including yoga, singalongs, dinners, dances, work parties and theatre parties. For information, call 526-3601.

Arlington Women: "Bavaria and the Alps" will be featured in a slide show by Marian Martin at the Feb. 19 meeting of the armchair travel section of the Arlington Women's Club at 11 a.m. in the Arlington Community Church. Hostesses will be Mmes. Cassidy, Theile and Spealman.

At 1 p.m. that day, A. Richard Robertson, director of corporate communications for KOED, will speak to the book and world affairs section of the "Dynamics of Public Broadcasting. Hostesses will be Mmes. Leinback, Morrison and Beckett.

THOUSAND OAKS

Overeaters Anonymous: Meets every Monday night at 7:30 p.m. at Northbrae Community Church, upstairs in the 4th-5th grade room. No dues, fees or weigh-ins. For further information call 569-1374 and leave a message.

TOPS: Take Off Pounds Sensibly (TOPS) 539 holds a weigh-in Monday mornings from 9:30 to 10:30 a.m. at Northbrae Community Church. A speaker or a sharing time follow.

Northbrae Women: The allied arts section of Northbrae Woman's Club will meet at 10:30 a.m. on Wednesday, Feb. 17, at Hillside Clubhouse. Mrs. L.K. Wood will present a showing of Valentino's "Son of the Sheik." Bring a bag lunch; the hospitality committee will serve dessert and beverage. Kenneth Kinney will show slides of Railfair 81 in old Sacramento.

EAST BAY

Accountants: The Oakland-East Bay Chapter of the National Association of Accountants holds its general membership meeting the fourth Thursday of the month at Spengers at 6 p.m.

There will be a joint meeting with the Alameda County-south chapter on Thursday, Feb. 18, at 6 p.m. at the Blue Dolphin Restaurant in San Leandro. The topic will be "The management accountant's weakest link."

Guests are welcome. For reservations, call Donald Glenn at 658-7722.

Singletarians: The Singletarians, a social club for single adults, 40 and older, affiliated with the Berkeley Fellowship of Unitarians, welcomes all singles to its events, including parties, discussions, restaurant excursions, potlucks, etc. For details, call in the evening 832-3786 or 655-6412.

Bingo: Saturday night bingo at St. Cornelius Auditorium, 201-28th St., Richmond. Doors open 6 p.m.; games 7-15.

Northside Singles: The Northside Christian Singles Fellowship meets Sunday evenings at 7:30 p.m. at the church, 2138 Cedar St., Berkeley. Single people under 35 are invited to participate.

High 12: The Albany Berkeley High Twelve Club No. 8 will meet on Feb. 22 at noon at Kirby's in El Cerrito Plaza.

This is "Ladies Day." Speaker will be Dr. Gaylord F. Whitlock, and his topic, "The Care and Feeding of Hi-12."

Writers club: Gaird Wallig, author of "A Red-Tailed Hawk Named Bucket," will speak at the Feb. 19 meeting of the California Writers' Club. For reservations to the 7 p.m. dinner at Spenger's, call Ray Nelson at 526-8356.

PWP: Parents without Painters chapter 50, a single parents organization, will hold a newcomers orientation at 8 p.m. on Monday, Feb. 22, at a member's home in Oakland. For more information call 893-5995.

Violet Society: The African Violet Society of the East Bay will meet on Wednesday, Feb. 17, at 11:30 a.m. at the Lakeside Park Garden Center in Oakland.

Refreshments will be served following the business meeting, led by new president Louis Ambler. Culture discussion, led by Jim Dekorne, on "Wicking and repotting."

Guest speaker will be Don Thornburg, on "How I Grow African Violets." Past presidents will be introduced. Guests are welcome, and new members receive a violet plant.

Clubs

SAVE AT SAFEWAY!



Fresh Bunch Spinach
How About a Spinach Salad Tonight?

3 \$1
bu.



California Navel Oranges
Sweet & Juicy

3 \$1
lbs.



Clip Top Carrots
Firm & Fresh

3 \$1
lbs.



Avocados

California Grown,
Extra Large Size

3 for 89¢

Russet Potatoes
U.S. #1 5-lb. Bag

98¢

Green Cabbage
Delicious with Saway Corned Beef

29¢
lb.

Radishes
Bunch

3 \$1

Cilantro
Chinese Parsley

19¢
bu.

Rhubarb
Hot House

99¢
lb.

Mineola Tangelos
Delicious Citrus Treat

39¢
lb.

Centennial Yams
U.S. #1

49¢
lb.

Green Onions
Great in Salads

3 \$1

Lemons
Tangy, Golden, Ripe

2 for 29¢

Sesame Sticks

\$1.47
lb.

Seedless Raisins

Town House, Try some excellent Seedless Raisins sprinkled over Saway Corn Flakes Topped with Lucerne Milk. **\$1.69**
15 oz.

VARIETY-SAVINGS

Scope
Mouthwash, 30¢ Off Label, 18 oz.

\$1.45

Pepsodent
Toothpaste, 30¢ Off Label, 6.5 oz. "Buy Two Tubes, receive \$1.50 rebate from Lever Bros." See In Store Displays for Details.

79¢

Gillette

Disposable Swivel Razor, 2 Count

59¢

Barnes-Hind

Wetting Solution, 2 oz.

\$1.99

Super Cricket

Disposable Lighter, each

85¢

Prell Shampoo

Concentrate, 7 oz. or Liquid, 16 oz.

\$1.99

G.E. Light Bulbs

60, 75 or 100 Watt, 4 Pack (3 Way Globe, each, \$1.49) (Clear Nite Light Bulbs, 2 Pack, 99¢) (Slove or Refrigerator Lamp, 40 Watt, each, 79¢)

\$1.99

New Freedom Maxi Pads

Sure Anti-Perspirant

\$3.07
30 Count

\$2.59
6 Ounces

Wear-Ever

\$4.99
1 1/2 Quart Open Sauce Pan, each (7 Piece Set or 5 Piece Set, ea., \$29.99)

National Brand Favorites

Charmin Bath Tissue 6 Roll **\$1.59**

Heinz Ketchup 24 oz. **99¢**

Bath Soap Ivory, 3 Bars, 4.5 oz., ea., 20¢ OFF LABEL **69¢**

MJB Rice Mixes 6 oz. **2.51**

Coke, Tab, Hills Bros. Sprite or Fresca, 6-12 oz. Cans (Cragmont Soft Drinks, 6-12 oz. Cans, \$1.29) **\$1.59**

Downy Coffee, 2 Pounds **\$3.95**

Sunshine Fabric Softener, 64 Ounces 35¢ OFF LABEL **\$2.19**

Macaroni & Cheese Hydrox Cookies or Vienna Fingers, 15 oz. **\$1.19**

Saran Wrap Town House, 7.25 Ounces **3.51**
100 Feet **\$1.69**

PIE & ICE CREAM FAVORITES

Natural Juice Apple Pie



Mrs. Smith's, Frozen, 37 oz. (Frozen Apple Streusel, 41 oz., \$2.49)

\$2.49

Homestyle Ice Cream



Half Gallon (Party Pride Frozen Pudding Bars, 12 ct., \$1.59)

\$1.99

Gourmet Apple Pie



Bel-air, Frozen, 37 oz. (Apple Pie, Frozen, 26 oz., \$1.39)

\$2.49

Dreyer's Ice Cream



Half Gallon

\$3.49

Items and prices in this ad are available February 17, 1982, thru February 23, 1982, at all Safeway Stores listed on the other page.

Today's Safeway. Where you get a little bit more.



SAFEWAY

Classified pays.

TIMES JOURNAL

525-2644

Churches

ALBANY

Albany United Methodist Church

On Feb. 21 services will be held at 11 a.m. The Rev. Dr. Peter Ahn will speak on "Dynamic Faith," based on II Kings 2:1-12. Velma Dowling will be worship leader. Church school meets each Sunday at 10 a.m.

On Tuesday the adult Bible study group will meet at 11 a.m. On Tuesday and Thursday the toddlers' play group meets 9:30-11:30. Quilters meet Wednesday 9:30-3.

The church is located at 980 Stannage Ave., Albany.

St. Alban's Episcopal Church

On Wednesday, Feb. 17, the Rev. Warren Debenham will conduct a service of Holy Communion and the laying on of hands.

On Feb. 21, the seventh Sunday after Epiphany, Rev. Debenham will preach. He also will celebrate Holy Com-

munion, assisted by the Rev. Russ Moore and Nabil Jacob, lay reader. The offertory anthem, sung in duet by Hertha Hintz and Delores Plumb, will be "The Lord is My Shepherd." Ushers will be Stan Gardner and Nabil Baky.

At 4 p.m., the church will join with other Bay Area parishes to celebrate the installation of the Rev. Patrick Maitrejean as vicar of Christ the Lord in Pinole.

The last social event before Lent will be the Shrove Tuesday pancake supper on Tuesday, Feb. 23, at 6:30 p.m. There will be a pancake race and an announcement of winners. The supper will be sponsored and prepared by the men's club.

The church is located at 1501 Washington Ave., Albany.

EL CERRITO

Bay Area Seventh Day Baptist Church

The church and its pastor, the Rev. Stephan

Saunders, invites the public to attend services every Saturday in the chapel of the Methodist church at 6830 Stockton Ave., El Cerrito. Service, 10:30 a.m.; Sabbath school, 11:40.

A potluck lunch is held every Sabbath immediately following Sabbath school. All are invited to bring a dish to pass.

The home Bible study group meets every Thursday at 7:30 p.m. in a convenient location in El Cerrito at a member's home. The public is invited. For more information, call 527-2055.

"Word of Truth" programs on radio station KEST(1450 AM) are sponsored by the church and can be heard at 6 a.m. on Tuesdays and Thursdays.

KENSINGTON

Arlington Community Church

Charlotte Asher, a San Francisco Theological Seminary intern, will be the pulpit guest on Feb. 21, speaking on "Miriam" at the 10 a.m. worship. She also is the junior high fellowship advisor at the church.

An offertory solo, "O Had I Judah's Lyre," will be sung by Margarat Tolberg. Sunday school classes are held during the worship hour and child care is available.

Wednesday worship, held at 6:45 p.m. and led by Linda McFadden, is preceded by a potluck supper. All are welcome.

The church is located at 52 Arlington Ave., Kensington. Call 526-9146.

THOUSAND OAKS

Epworth United Methodist Church

On Sunday, Feb. 21, the church will observe Holy Relations Sunday with a sermon on "Peace-making" by John Jeffrey, youth minister and student at the Pacific School of Religion. The litany for the service was written by the adult study group on "peace-making" led by Jeffrey. The regular children's story will be celebrated in service, followed by a craft-story time for ages 3-11. Child care is always provided.

After the service, a brief fellowship and coffee time will be held. The special adult class at 11:15 a.m. will be "Role of the United Nations in Global Peace-making," by Frank Stark, a well-known Oakland lawyer and member of the World Conference on Religion and Peace. Sunday at 7 p.m., the final meeting of the study group.

(Continued on Page 12)

Police beat

ALBANY

Albany Police made 21 arrests between Feb. 8 and 12 including:

Raymond Young, 20, Berkeley, arrested Feb. 9 for petty theft.

Christopher Lewis, 24, San Pablo, arrested Feb. 10 for burglary.

Donnie Ray Stuart, Richmond, arrested Feb. 11 for gambling.

Kurt Kuehl, 20, Hayward, arrested Feb. 11 for assault.

Crime reported in Albany between Feb. 8 and Feb. 11 included three thefts, six petty thefts, two auto burglaries, one credit card forgery, and one armed robbery.

EL CERRITO

Do to the holiday, crime statistics from El Cerrito were unavailable.

Albany

sets classes

ALBANY — The Albany Parks and Recreation Department, 1000 San Pablo Ave., has scheduled various classes of interest for all ages.

Classes in baton-dance and pom-pom are available through the Albany Park and Recreation Department. Fee for the eight week class is \$16.

Basic cartooning will also be available for a six week session on Wednesdays, from 3:30 p.m. to 5 p.m. Fee for the class is \$16.50 plus a nominal fee for materials.

For further information call 644-8514.

Art show

judges

EL CERRITO — Karen Kasten, of the UC-Berkeley Art Department, and Charlotte Pantan, of the Oakland Art Association, will judge the El Cerrito Annual Art Show.

The show will be March 19, 20 and 21 at the Community Center, 7007 Moeser Lane, El Cerrito, and is sponsored by the El Cerrito Art Association and the Department of Community Services.

Deadline for entries is Feb. 26. For further information, call Elsie Perona at 529-1881.

**PEOPLE
LOOK FOR
FURNITURE
EVERY DAY
IN
CLASSIFIED.**



They are sure to see your ad and give you a call. Why not place that ad today?

TIMES JOURNAL

525-2644

SAFEWAY



INFLATION FIGHTERS

Now At Safeway . . . Super Values On Ecstasy Towels

**America's
Favorite Towels**

Cannon's top of the line, finest quality towels. The #1 selling towels in America. These are first quality towels—not irregulars. Assorted colors.

Bath Towel
Hand Towel
Wash Cloth

Each **\$4.99**
Each **\$3.49**
Each **\$1.79**



**Van Camp's
Pork and Beans**

47¢

Libby's Tomato Juice

79¢

S & W Colombian Coffee

\$2.79

Bertolli Olive Oil

\$2.79

Chef Boy-ar-dee

85¢

Duraflame Logs

\$11.29

**Denorex
Shampoo**

with
Conditioner,
4 oz.

\$2.25

**Preference
Hair Color**

Assorted,
Kit,
each

\$3.35

**Johnson's
Dental Floss**

\$3.07

Visine Eye Drops

\$2.59



YES
Detergent,
64 oz.,
50¢ OFF Label

\$3.59

The Complete
Laundry
Product

Bounce

Fabric
Softener
Sheets,
40 ct.

\$2.29

Soft Soap

Liquid,
10.5 oz.

\$1.29

Fantastik® All Purpose

Spray Cleaner

22 oz. **\$1.39**

Scotch-Brite® Brand

Scrub Sponge

ea. **99¢**

MEOW MIX® Brand

Cat Food

3.5 oz. **\$2.79**

CoTylenol® Cold

Capsules

20 ct. **\$2.29**

Fluorogard™

Dental Rinse

16 oz. **\$2.45**

Necta Sweet

1/4 Grain, 500 ct.
(1/4 Grain, 1000 ct., \$1.59)
(1/2 Grain, 500 ct., \$1.39)

\$1.09

Pillsbury Cinnamon

Rolls With Icing
Refrigerated,
9.5 ounce

99¢

Pillsbury Crescent

Dinner Rolls
Refrigerated,
8 ounce

95¢

Hungry Jack

Biscuits
Buttermilk or Flakey,
Refrigerated, 10 oz.

63¢

Summer's Eve

Disposable
Douche,
4.5 ounce
Twin Pack

\$1.25

Modess Super

Sure & Natural

24 ct. **\$2.85**

New Freedom Mini

Pads, 30 ct. **\$2.25**

New Freedom Anyday

Pantliners, 30 ct. **\$1.99**

CRUNCHOLA

GRANOLA SNACK BARS
7 oz. to 10 oz.
(Except Yogurt Bars)

\$1.65

No Salt Salt Substitute, 11 oz., Now Available At Safeway
Sweet 'N Low Sugar Substitute, 100 ct. **59¢**
Hershey's Milk Chocolate Chips 11.5 oz. **\$2.29**



**Imperial
Margarine**

1-lb. **69¢**



Pepperidge Farm
Frozen
Layer Cake

Fully Baked,
3 Layers
17 oz. **\$1.69**

Minute Maid Orange Juice **\$1.09**

Frozen Concentrate, 12 oz.

Minute Maid Apple Juice **99¢**

Frozen, 12 ounce

Hartz 2 in 1 Plus
Reflecting Collar **\$3.49**

5 Months Flea & Tick Protection, Night-time Safety. For Large Dogs. Each

Melitta Coffee Filters **\$1.75**

40 ct.

2000 Flushes **\$1.89**

14 oz.



SAFEWAY

Items and prices in this ad are available February 17, 1982 thru February 23, 1982, at all Safeway Stores in the following counties: Solano, Napa, Sonoma, Marin, Contra Costa, Alameda, San Francisco, San Mateo, Santa Clara, Santa Cruz and Monterey. *Prices not effective in Vacaville or Fairfield. Sales in retail quantities only.

— Robert Alexander

925-2041

525-2644

CLAR
TIMES
JOURNAL

W3-82

SHOP & SAVE AT GRAND AUTO . . . WHERE THE CUSTOMER IS BOSS!

LADIES AID

(Continued from Page 1)

through the years: a potluck dinner and a bazaar, now the annual barbecue. These events were suggested by the Rev. Thomas Browne, one of the church's pastors.

The group continued its good works during the Second World War, when it helped to establish the Oakland-based sewing center. Branch members continued to make layettes after the war ended.

Funds raised by the branch are often donated to organizations that work with the poor or disabled, such as St. Joseph's Center for the Deaf and Hard of Hearing or the Easter

Seal Society.

Members, past presidents and pastors who have served the branch have been invited to the luncheon. Tickets are \$5.50, and are available from Hazel Cosgriff, 6110 Sacramento Ave., Richmond 94804, or call 525-4075; or Mary McElherron at 525-3289 or Marcella Doane at 525-1491.

Let us know...

If your school, club or church is having an event, tell us.

Times Journal, 1247 Solano Ave. Albany 94706.

SCHOOLS

(Continued from Page 4)

sporting events for the mentally retarded is normally held at UCLA, but will be moved to the UC-Berkeley campus in 1983 and '84 because Los Angeles will be the site of the international Olympic games.

Rooney reported that Craig Lacy of Albany Bowl had suggested holding the bowling event in Albany, and that the Special Olympics committee had thought this was a good idea. He said it would be the only off-campus event.

Mayor William Lewis told the group that he had attended the county-wide Special Olympics last year at Laney College, which he called "a beautiful sight."

Rooney said it was not feasible to have a similar program in Albany because there were only three local students who might qualify for participation, but that these students could take part in the county events.

RECYCLE

(Continued from Page 1)

William Haden, Albany's city administrator, said the committee has discussed the possibility of selling recyclable materials to Berkeley.

Haden also said there is a remote possibility that San Francisco may begin to use the landfill site at Altamont, then pay a surcharge, some of which could go to Oakland Scavenger (a garbage collection firm which serves Albany) to be used for curbside collection of recyclables.

Haden said, however, there may be

opposition to the city of San Francisco dumping in Alameda County, because the "life expectancy" of the Altamont to the Kensington Community Services District. If materials were sold elsewhere, the net funds (after deductions for transporting the materials) would be returned to the KCSD.

The district would like to get opinions from residents of Kensington and will publish a poll in the Kensington Outlook on March 1. The KCSD will meet again on March 2.

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TIMES JOURNAL

Section two

Artist Richard Haier hangs up his potter's wheel

By ARLENE EAGAN

EL CERRITO — Sculptor Richard Haier says when he can't tell one work from another, that's the time to forsake it. Haier has forsaken his full-time occupation as a commercial potter to leave himself "free to pursue experimentation and to make something more worthwhile. I've been involved with making vases and wall hangings." Haier is experimenting in his El Cerrito studio in his use of a single-firing technique instead of the traditional "bisque" firing followed by a glaze firing. He said the firing saves about one-third of gas consumption, but is difficult to work with because the clay is so brittle it is handled slower.

The Iris Too Gallery in north Berkeley recently exhibited some of Haier's work, featuring some unusual wall hangings which combined clay and thin rope fiber. The

dozens of heavy clay pieces used are numbered and assembled like a jigsaw puzzle on a backing board with adhesive mortar, and holes are drilled in the clay from which the fibers hang.

Haier also combines art forms in his pots, which are jagged-edged at the top and have fiber woven in a basket weave along the jagged portion.

Haier, 28, has a degree in art from California Lutheran College in Southern California. He's always had an interest in art, but clay was his first love and he did watercolors and sketches "only when he had to." He usually sketches a sculpture on paper before he begins to work in clay.

Haier said "nature in general" is the single biggest influence on his sculpture, and he uses mostly earthy colors and designs.

It was his dream to go into commercial production of pottery, and after working as a truck driver and years of

sweat and saving, he outfitted a studio and geared up into a full-time business.

It's possible to have too much of a good thing, and he found himself working in his basement six to seven days every week. He said he "lived-and-breathed" clay, and the whole operation turned into a "regular job" instead of a creative art form.

"I was brought up with the Protestant work ethic, the old nine to five," Haier said. "But my hours were a lot longer, and I'd periodically force myself to complete a line that I'd started that day. I put in so much time, but financially I was making peanuts!"

His typical working day consisted of loading the kiln in the backyard, going upstairs to have breakfast, back to the basement for throwing clay until lunch, going upstairs to the living room to eat and read some articles on ceramics for an hour, then going back to work to put handles on cups or bend metal wires for canister handles.



Haier and one of his recently exhibited clay-rope sculptures

—Times Journal photo by James Pease

Kensington Symphony plans two concerts

KENSINGTON — The Kensington Symphony's next concert will be Sunday, Feb. 28, at 7 p.m. at the First Presbyterian Church of Berkeley, 1 Lawson Road, Kensington.

The same concert will be repeated Friday, March 5, at 8 p.m. at Contra Costa College Performing Arts Center, Pablo.

Greg Mazmanian, featured soloist, will perform the Tchaikovsky "Violin Concerto." Mazmanian, a native of Israel and who began studying the violin at the age of nine, is a recent graduate of the Juilliard School in New York City. He has received awards and prizes from the Rotary International competition, Allied Arts Association of Los Angeles, International Festival Violin Competition in London, and the Gulbenkian Foundation of Portugal. He has given solo recitals in New York, Los Angeles and in the Bay Area, and recently performed at a reception for President George Bush.

The symphony, under the direction of Robert Kissel, will perform Hadyn's "Symphony No. 94 (Surprise)" and the premier "Sinfonietta" by Phelps Dean Witter. The composition was the winner of the Kensington Symphony's New Compositions competition for this season.

Witter, a native of Wisconsin, is a graduate of San Francisco's Lowell High School. He has studied under Petri, Nadia Boulanger and Yves Nat. He attended the Paris Conservatory and performed frequently in Europe. Many of his compositions have been performed in the U.S. and Europe and he is the winner of the Foundation competition for composing.

Tickets at \$4 each (\$2 each for senior citizens and students) are available from the Kensington Symphony by mail at 1 Lawson Road, Kensington, Calif. 94707, and at the door.



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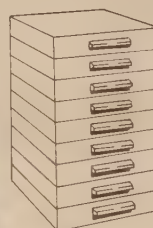
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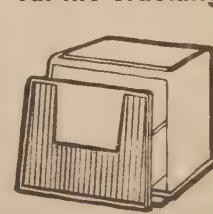


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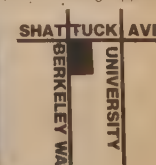
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CHURCHES

(Continued from Page 8)

searching through scriptures, sharing and prayer will be led by Cathy and Peter Morris at the church.

Thursdays at 7:30 p.m. the children's and adult choirs practice. The children's play group meets weekdays at the church. Interested persons are invited to call 527-4013.

The church is located in the Thousand Oaks neighborhood of north Berkeley at 1953 Hopkins St. Phone 524-2921.

Thousand Oaks Baptist Church

On Sunday, Feb. 21, the Rev. Eugene Paden will preach on "How Low Can We Fall and Still Be Forgiveness?" - taken from Mark 3:29-35. The choir will sing "Sun of My Soul" by Emig and there will be a children's sermon. Worship begins at 10:30 a.m. following church school for all ages at 9:30. The Rev. David Chen preaches in Mandarin to the Chinese congregation at the 10:30 service.

Wednesday is family night, beginning with a potluck supper at 6:15 and followed by Bible study classes in English and Mandarin for adults, and in English for children and young adults. Wednesday choir rehearsal for children is at 5 p.m. and for adults at 7:45.

Recreation, games, drama and refreshments are available for fourth through eighth graders every Friday at 3:30 p.m. at the church. All young people in this age group

are invited to attend this time of fellowship under the direction of Cedric Boughton and Jim Kennon.

The church is located in the Thousand Oaks district of north Berkeley at 1821 Catalina Ave. Phone 526-3773.

EAST BAY Chinese Rhenish Church

This bilingual (Cantonese and English) Lutheran church welcomes the public to worship every Sunday at 11 a.m., with Sunday school classes for all ages at 9:30 a.m. The pastor is the Rev. Loke Hoy-San.

The following weekly classes are offered: English Bible study, Wednesday, 8 p.m.; Chinese Bible study, Thursday, 8 p.m.; youth fellowship, Friday, 7:30 p.m.; Chinese language school, Saturday 9:30 a.m. to noon; family and individual counseling by appointment only. Call Dr. Loke at 232-0579 or 232-1072.

The church is located at 4709 MacDonald Ave., Richmond. Phone 232-1072.

North Congregational Church

The adult Christian growth seminar meets each Sunday at 9:30 a.m. in the Babcock Room of the church for an hour of study, fellowship and prayer. On Feb. 21, the group will study "The Mark of Jesus" as described by Paul in his letter to the Galatians, chapter 3-6. Visitors are always welcome.

At the 11 a.m. worship service, the Rev. Bob Graham will speak on "Suffering Transcended," based on John 9:1-12. Assisting him will be Steven Stanton and Edward Vanek, lay readers. Deacons for the day will be Russell Corning and Evelyn Tippet. Martin Boyd will be the usher.

After the service, members of the New Life Christian Singles, an organization for older persons, will meet for lunch at a local restaurant.

The Northside Christian Singles Fellowship, for young people under 35, meets each Sunday at the church at 7:30 p.m. with Steven Stanton. Newcomers to the area or any single young person seeking to belong to an active group is invited.

The church is located at the corner of Cedar and Walnut in North Berkeley. Phone 848-1201 or 527-3134 (evenings).

Temple Baptist Church

Sunday, Feb. 21: 9:15 a.m., children's choir; 9:45; Sunday school, 11 a.m., worship with the Rev. Phil Reed; 7 p.m., evening praise service. The building and maintenance committee will meet after the morning service. Wednesday at 6:30 the monthly potluck will be held, followed by choir practice.

On Saturdays, Feb. 20 and 27 the Heirs of the Kingdom will meet at 6:30. There will be a work day on Feb. 27 at 8 a.m. with breakfast served by the women.

The church is located at 1960 Carlson Blvd., in the Richmond Annex. Phone 525-9103.

Pot luck

with Olga Bier



What's new?

...Did you know that mothers of fat children tend to talk less to their youngsters than mothers of thin children do during mealtimes? This is according to a report by the Department of Human Development and Family Ecology Child Development Lab at the University of Illinois.

Thinner children and their mothers talked regularly at the table and ate less food at a slower rate. Chatting is distracting, I guess. That sort of makes me the living exception. Nobody eats faster or talks more than I do at the table!

...Another study, this time from the Harvard Medical School's New England Regional Primate Research Center, supports the idea that you can take too many vitamins, especially A, D, and C. The problem with taking megadoses of some of our vitamins is that the final word on their functions or our need for them still isn't in. So many of our nutrients work in conjunction with another and so throwing off the balance by excessive use of one really doesn't do the miracle job we hope for.

Too many people prescribe for themselves. We should really rely on our physicians' advice and stop believing all the ads and the current health food nuts. Most nutritionists suggest adherence to the RDA's (Recommended Daily Allowance) and stress that oversupplementation is often wasteful and sometimes dangerous. Dr. Jean Mayer of Tufts University says that the over-50s could use an all-purpose daily vitamin but should otherwise rely on a properly balanced diet.

...There's a group called the Glutamate Association that discredits what is popularly known as the "Chinese Restaurant Syndrome," which purports to cause everything from asthma to diarrhea. They claim the studies showing this are not scientifically sound. That's OK, I guess, but something in the menu gets to me every time. That doesn't stop me from enjoying my favorite foods, however. How many of you out there react after a Chinese or Japanese feast? It would be interesting to take a count.

...More and more supermarkets are adding health food departments. Industry figures show that the health food industry has grown from 1,000 stores in 1970 to 6,600 stores in 1979. Who is buying this \$1.6 billion worth of

health foods? Researchers say they are between 50 and 64 years of age, college-educated, with average incomes.

...The average American family spends 17 percent of its total budget on food. The poorer the family, the more percent spent. Families with incomes over \$20,000 spend as little as 10 percent. I rather suspect that the affluent are also less informed in nutrition and consumerism. I know that many of my students who are in the lower income brackets are very devoted to brands and convenience foods and show a new "status" foods which are more expensive, of course.

In the mail box

Ramona B. writes with the recipe requested weeks ago by a reader who wanted a yellow dressing for his potato salad like the one his mother made. This sounds like the answer.

Grandma's Dressing

Beat well:
2 whole eggs
Add:
1/2 c. cider vinegar
1/4 c. water
2 T. sugar
1 t. dry mustard
Salt and pepper to taste
Stir constantly while cooking over a low flame until thickened. Cool and pour over potato salad. Ramona's delicious and we thank her!

An apology to Evelyn H. who writes about a full group in her garden club who have "extensive interests and have become an eating society." I want to get an answer to her in time for their last meal they study foods and their uses; making vinegaring ingredients and how they work, and I suggest share some pretty tasty refreshments, too.

This sounds like a fun bunch who like to be informed. They (and everyone else) should take a morning excursion to the San Francisco Farmers' market on Alameda Boulevard some Saturday and check out the strange and wonderful produce there. It's offered from the farmer to you and everything seems of high quality.

Strategies for food

That's the title of the class my old friend Betty is offering as a one-day workshop on Saturday, March 6, from 9 to 5, for Vista College in Berkeley. Betty, an economist and consumer specialist, has some meals that are more economical, more nutritious and more pleasurable. This one-day class is free and the Berkeley Coop on Shattuck near Cedar in the stairs meeting room. Sounds like a good place to be Saturday, March 6.

Olga Bier is a teacher, author and home economist who teaches at Contra Costa College. Anyone with questions or suggestions for this column may write to her care of the Times Journal, 1247 Solano Ave., 94706. Please enclose a self-addressed, stamped envelope for reply.

JCC plans play reading

The Berkeley/Richmond Jewish Community Center will present an excerpt from "Legacies," a play by Albany author Karen Iris Bogen, on Tuesday, Feb. 23, at 8 p.m.

The play deals with national security issues. Following the play reading, a panel discussion will be held. Panelists include Soviet expert Dr. John Gorgone, arms control expert Prof. Ralph Goldman of San Francisco State and Middle East expert Ellis Goldberg of UC-Berkeley.

The center is located at 1414 Walnut at Rose. For further information call 848-40237.

Nuclear film series

"The Last Epidemic" film about the consequences of nuclear weapons and nuclear war will be screened Feb. 23 at 7:30 p.m. at the Richmond Library-Atrium. Civic Center, Macdonald Ave.

Dr. Frederick Elmer, member of the Physics for Social Responsibility, will act as resource. The showing is cosponsored by the Greater Richmond Interfaith Forum and Californians for a Freeze of Contra Costa County.

Admission is free. For further information call 232-9606 or 232-2141.

Lions aid the blind

EL CERRITO — The Lions Club of El Cerrito is organizing a drive to collect old prescription glasses as part of a month long "Project Vision" scheduled for February.

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All Merchandise... Old and New



10% TO 50% OFF
Thru February

- Daily 9-5
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415-845-4751
2210 San Pablo Avenue
Berkeley, California 94702

word puzzle

ACROSS

45 Edible tuber.
46 Second month.
48 Continent.
51 City in Illinois.
54 Flung over.
55 Pouts.
58 (Is Sp.).
59 Is excessively fond of.

DOWN

1 From a distance.
2 One (Ger.).
3 Look after.
4 Compass point.
5 Oklahoma town.
6 Encore.
7 Emitted.
8 Coherent light.
9 Customer.
10 Outer (prefix).
11 Wild plum.
12 Greasier.
13 CIA.
14 Tormentor.
15 Throbbed.
20 Motion picture.

Answer to Previous Puzzle

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

(NEWSPAPER ENTERPRISE ASSN.)

WORK WANTED 075

BERKELEY High School
Students available for
part-time work.
Career Center, 644-6190

CARPENTRY restore,
remodeled, additions. 20
yrs. exper. 849-4841

DAY work-companion to
elderly, 4-5 days week.
\$4 per hour. 137-6897, lil
non or after 5.

EXPER. woman seeking
private attendant work
or day work. Local refs.
Call 444-1485, evs.

HOUSEPAINTING. Ext.
int. Exp. preparation,
dependable. Low prices.
Free. Free est. 525-1507

MATURE girl, art inter-
ests seeks room & board
in-exchange for live in
companionship with el-
derly person. 527-9880

SECRETARY, 9 yrs
exper., 1-2 mornings per
wk. Leslie. 548-0511.

DOMESTICS 085

LIVE in
24 hrs. Invalid
724-5566

NON-SMOKER, 30 plus,
exper., patient and lov-
ing babysitter needed
for toddler girl, pref.
another toddler girl in
home as a playmate,
fenced yard, Rheem A/C,
near Civic Center area.
pref. Refs. 225-1675

MUSICAL INSTRUMENTS 455

Hammond A-100 Organ;
Good Condition.
Call 237-0331

Antique Piano
Great condition. \$650.
234-8817

CLARINET
Brand new
\$200 or best offer
799-2323

LUDWIG
5 piece drum set, Zildjian
cymbals. Brand new.
758-2802, 6 p.m.

PIANOS-ORGANS
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New and Used 25 grand
pianos, 50 vertical pianos
and 20 organs at low, low
prices. STEINWAY'S,
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We Buy and Rent Pianos
Oak store warehouse only
SHERMAN CLAY
2135 Broadway 444-8442
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FOR SALE 490

GUARANTEED
AD
LINES ... 10 TIMES
Merchandise not sold in first 10 days,
ad will run additional 10 days

FREE!

\$1000

For sale must be priced individually, and must not exceed
the price of \$750. Cars with copy, use the ad form below.
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Name _____
Address _____
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Start on _____

Phone 237-1111 or 843-4800
184 Harbor Way, Richmond, CA 94801

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FOR SALE 490

BEAUTIFUL new queen
size mattress plus box,
blue floral. \$305.
849-2227, evs. wknds.

STOVE, \$75. Reorganizer
\$50. Tweed sofa and
love seat, \$75. Good
condition. 237-8393.

CONVERTIBLE baby
buggy, stroller & bas-
inet. \$50. Excellent
condition. 845-0319

2 MEN'S SCHWINN
10 speed bikes
\$50 each/offer
222-5393.

CRAFTSMAN Table Saw,
\$100. Glass top
Oak table, \$100.
Call 799-1790.

4 pc. bdrm set, double
\$150. 4 hydraulic salon
chairs, \$150 ea. 525-8520
days; 525-5589 evs.

MAYTAG Washer, wring-
er type \$50. Metal de-
scriber 10" head, w/in-
structions. \$80. 232-4104.

HIDEAWAYS, 2, \$150 ea.
Stratolounge, \$100;
Table, square Duncan
Phyffe, \$100. 233-3490.

REFRIGERATOR
Good condition
Almost new. \$300
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SOFA BED-rust color
cloth, very good con-
dition. Paid \$500, asking
\$350. 234-6953, evs.

IBM Selectric II
Excellent condition
Almost new. \$300
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VICT. rattan & piece
bdrm set, \$400; modern
oak table, \$75; maple
rocking, \$30. 232-0483.

KING SIZE bed with
frame, Serta Perfect
Sleeper, like new. \$350.
Best offer. 339-8613.

3 ROOMS of Furniture,
\$599.95. Save \$300. \$21.60
monthly. A/S's Appliance.
(707) 648-0133

DIAMOND wedding set,
14 karat gold, new. Paid
\$1000, sacrifice \$550.
758-8235, Doug.

SOFA, 3 piece sectional;
navy blue recliner;
cherry coffee table;
\$400. 835-5479.

HANGING lamp, \$10; ce-
ramic xmas tree, with
lights, \$25; antique buf-
fet, \$120. 234-5993.

"L" Shaped bar with 3
stools and large locked
compartment, Mahoga-
ny color. \$275. 232-8556.

2 brown, ultra vinyl sec-
tions of playpen, good
for small couch or 2
chairs. \$150. 232-8856.

3 Contemporary living
room chairs, \$50-\$400;
3 lamps, \$15-\$75; 4 paint-
ings, \$20-\$75. 527-1473.

LOCKERS 12" x12" x60",
individually or as sets.
\$15 each locker. John Clark,
234-6262.

WOODEN bar stools, 4,
\$15 each; 2 wooden fire
table, old beautiful, \$50.
724-1272, evs.

ANTENNA Tower, \$135;
CB radio, new, \$55;
CD-Radio, \$175;
Copier, \$100. 223-4999.

ADLER Self-correcting
typewriter, 12 bails, 10
and 12 spaces, 1 year
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WOOD BEAMS
6"x12"x18 ft. long.
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WHIRLPOOL washer,
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changing table, \$45; car
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REFRIG-19 cu. ft., Cold-
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room vanity, \$25; bed-
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FIREWOOD, Split Eu-
Seasoned, \$129-\$139,
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hardback books. 25¢ up
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Shop, 1708 Shattuck,
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LOVELY & CONVE-
NIENT—El Cerrito. 4
bedroom home with hill
top view, 2 1/2 baths, 10
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changing table, \$45; car
seat, \$40. 527-7080.

REFRIG-19 cu. ft., Cold-
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room vanity, \$25; bed-
room set, \$150. 237-9290.

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8 FT. Camper shell
15 ft. outboard boat.
237-9943

3 old wood and iron school
desks with seats. State
of dis-repair, must take
all. 3. 526-8396 evs.

WHITE cat, male, shots,
hsebrkn, loves people,
pref. elderly persons.
Needs home. 237-0702.

DOG, Part Schnauzer,
female, 5 yrs. old.
Good companion.
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1 black female cat, 1 1/2
yrs. old, 1 black fem.
kittens 8 mo. old need
home now. 234-0327

To a loving family, 15 mo
old Maltese Irish shelt
with pups. Good com-
panion, gentle. 222-4134.

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TRADES 495

WANTED: 1000 lbs. of
complete materials (No
Nat'l Geographic); old
auto literature and other
paper memorabilia. 201
Grove St. Berk. 525-2585.

LAMP'S ANTIQUES.
Wanted per 20% interest
postcards, pre 1950
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auto literature and other
paper memorabilia. 201
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ATTN: RAC. green carpet
plus par. good cond.
11x14, \$75. 525-8462.

SOFA bed, regular, black
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best offer. 841-2749

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NEW BALKO boat trailer
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TWIN disc marine radio
gear, 4.38 to 1 ratio.
New bearings, gears re-
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From \$44,950

2 & 3 bedroom modular
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MUNITY with up to the
minute kitchens, formal
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Country club living with
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and take advantage of
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#13. 724-6100 or 235-8200.

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4 bedroom, 2 1/2 baths,
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down, 3 bdrms, 2 baths
\$113,000. Assn 525-8822.

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Custom home. Ideal sit-
ing. Owner has pur-
chased another home.
Chance for a good buy.
Call for more details

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MOVE IN NOW
1 bdrm. cond. with hill
view, pool, spa, tennis
court. Good as-
sumable loan & seller will
help with financing.
Immed. occupancy. Only
\$61,500.

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Anthony Realtor
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11.5%
ASSUMPTION

Beautiful 5 bedroom
home in El Sobrante's
best area. Large assum-
able loan and owner will
carry the second for five
years. 724-6100.

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2 bed 2 bdr home with
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good buy for someone.
\$60,000. G-4. 237-7600.

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brante. Immaculate 3
bedroom home with hill
top view, 2 1/2 baths, 10
and 12 spaces, 1 year
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old. \$600. 237-6392.

PRIDE OF OWNER-
SHIP Richmond.
2 bed 2 bdr home with
on quiet street. This is a
good buy for someone.
\$60,000. G-4. 237-7600.

RANCH STYLE—
Richmond/El So-
brante. Immaculate 3
bedroom home with hill
top view, 2 1/2 baths, 10
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RANCH STYLE—
Rich

Astro-graph/Bernice Bede Oso

If your birthday is Wednesday, Feb. 17:

The plans you've taken to prepare yourself in your present field of endeavor will prove profitable this coming year. Now that you are ready, advancement is likely.

AQUARIUS (Jan. 20-Feb. 19)

In things which you cannot manage on your own today, don't be hesitant to ask for help from friends whom you have helped in the past. They're anxious to aid. Find out more of what lies ahead for you in each of the seasons following your birthday by sending for your copy of Astro-Graph. Mail \$1 for each to Astro-Graph, Box 489, Radio City Station, N.Y. 10019. Be sure to specify birth date.

PISCES (Feb. 20-March 20)

In joint ventures today, the greater burdens and responsibilities are likely to fall on you rather than on your counterparts. You'll have more in stride.

ARIES (March 21-April 19)

Someone may come to you for advice today. To truly help them, you'd be wise to tell it like it is, and what they want to hear.

TAURUS (April 20-May 20)

Others may give their tasks a lick and a promise today, but not you. When you do a job you'll take pride in doing right, even if it's tedious and boring.

GEMINI (May 21-June 20)

Take advantage of any opportunities today to let one of whom you're fond know how much he or she means to you. Your gestures will have lasting effects.

CANCER (June 21-July 22)

Although there will be things you'll want to attend to for yourself today, drop what you are doing if one who has helped you now needs your assistance.

LEO (July 23-Aug. 22)

Among your peer group you're probably one of the more-talented organizers. Your pals are aware of this. They may call upon you today to use your skills.

VIRGO (Aug. 23-Sept. 22)

Matters which could affect your finances or security should be given top priority today. You have the knack to turn marginal situations into gainers.

LIBRA (Sept. 23-Oct. 23)

Take steps today to protect yourself concerning your self-interests. You'll know how to do so without being greedy, or offending associates.

SCORPIO (Oct. 24-Nov. 22)

You could come across something today while rummaging through things that will be of more value to you now than when you first got it.

SAGITTARIUS (Nov. 23-Dec. 21)

Make it a point today to get in touch with an old friend to whom you have not too attentive lately. The relationship is too valuable to let go by the boards.

CAPRICORN (Dec. 22-Jan. 19)

By helping others achieve their goals and ambitions today, you'll gain in stature and reputation. When you need a boost, they'll be there to help.

SAN PABLO

NO DOWN PAYMENT

Closing costs on this 3 bedroom home with detached 10x6 carport, \$49,500. Call (lilene, 222-7083; eves, 758-4713. West County Properties.

REAL ESTATE

WANTED 710

PRIMATE Party, income property regardless of location or condition. 234-8800

WANTED

Immediately, approximately 1000 sq. ft. commercially zoned office space. Albany/El Cerrito area. Must have onsite parking. Please call eves, 232-9163.

CONDOMINIUMS

FOR SALE 720

2 bdrm, shared pool, tennis, super financing, \$49,950. Agt. eves, 376-9130.

MOBILE HOMES

730

on space in Adult Park 432-2035 or 235-7336

BRAND NEW

We have 10 homes already in parks ready to move-in. Priced from \$14,950. Oak Hills Mobile Homes, 707-532-0780

LOTS AND ACREAGE

735

AMERICAN-CLARE, utilities-surveys-plans, \$45,000-\$50,000 ea. 50% down. 849-4770.

EL SOBRANTE-2 level

lots, 134 ft. frontage, 68 ft. deep and 121 ft. frontage, 68 ft. deep. All utilities in. Asking \$42,800; owner may hold.

WANTED Buildable Lots

25 x 100 up. North Richmond, San Pablo, Richmond areas. Exclusive agent for first MANNA Development Corp. Tina Polres, 758-7551, eves, 758-2227.

ROSSON REALTY**INCOME AND INVESTMENT**

PROPERTY 745

Below appraisal, very low down payment. 18 very nice remodeled units near Lake Merritt. Excellent tenants. Gross income \$72,000. \$165,000. 420-9588

BY OWNER

Below appraisal, very low down payment. 18 very nice remodeled units near Lake Merritt. Excellent tenants. Gross income \$72,000. \$165,000. 420-9588

SAN PABLO A-PLEXES

Priced to sell. Two at \$175,000 ea. One at \$185,000 with extra coffee

PINOLE 6 UNITS in excellent condition.

Owners say sell and may carry. Gross income \$24,120. G-55 237-4266 Commercial/Investment

LOCATORS

COMMERCIAL-INDUSTRIAL 750

Immediately, approximately 1000 sq. ft. commercially zoned office space. Albany/El Cerrito area. Must have onsite parking. Please call eves, 232-9163.

BUSINESS OPPORTUNITIES 760

WARTER WAY expanding business northern Calif. & figure income in 6 years for someone minded hard worker. No investment. 932-8285

MAGNIFICENT new, extremely well equipped

Berkeley restaurant. Cost \$60,000 to build. Must sell for \$29,000 this week. Call 848-3161.

APTS FOR RENT

UNFURNISHED 785

ES. 2 bdrms, modern, parking, \$325. (fee) HOMEFINDER'S 849-2190

LANDLORDS

Let us find your next tenant. Call us with information on your vacancy and we will match you with interested tenants—fast & free.

HOMEFINDER'S

849-2192

OAK 1 bdrm., Wayne Ave. 1 block from Lake, shower, & bus stop. 524-4552 or 526-3094.

OAK No. Modern 1 bdrm.

pool, piking, \$265. Shown 6-7, 5248 Claremont Ave., #5. 655-4093.

OAK N. 1 bdrm. all util.

Paint. Near shopping & transit. 525-8578.

PIN 1 & 2 bdrms.

A/EK, deck w/ refs. 724-8761, 9 a.m.-6 p.m.

PIN 2 bedrooms-\$375.

No pets. A/EK, wall-wall carpets and drapes. Credit check required. Mature Adults Only. Call Monday-Friday, 9:30-4:30. 724-8832.

PIN 1 bdrm, spacious, good area, quiet bldg.

10x6 carport, some utilities. \$265. 724-8366

PIN 2 bdrm, modern, pool, carport, \$375. (fee)

HOMEFINDER'S 849-2190

PINOLE**BAYVIEW APTS.**

2 bedrooms, A/EK, drapes, carpets. \$375; first, last and security. Credit check req. Children ok. Office hrs: 9:30-4:30. 724-8832.

PT RICH 1 bdrm.

\$275 + \$300 sec. 758-9747, 237-4988.

RICH 1 bdrm, near Civic Center

Call for information. R. & O. ROSINE CO. 233-3116.

RICH 1 bdrm. Avail

March 1. Good loc. Wall to wall carpet, ref, frig, stove. Couple pref. 10x6 car. \$150 dep. For more info 233-5519.

RICH 2 1/2 room apt, wall-wall cpts, drapes, ref, frig, gas stove, \$250 incl. FG&E, water and garage, \$600 to move in. Call 237-2455.**RICH 1 bdrm., kitchen, dining rm. Newly painted.**

0708 Wall St., rear. 236-3521; 239-0887.

RICH Nice 1 bdrm; carpets, drapes, drapes.

No pet. \$235. 232-1359.

RICH studio, nr BART, older bldg. Spacious.

\$175. 237-2292; 548-7344.

RICH 2 bdrm, Civic Center area. \$325 per mo plus sec.

233-0165

RICHMOND

2 bdrm, modern, \$345 Studio, hwd floors \$220 1 bdrm, nr trans, vd \$290 2 bdrm, nr view \$475 1 bdrm, ull pd, vd, \$375 2 bdrm, vd, pets ok. \$325

ROD Deluxe 2 bdrms. Carpets, drapes, A/EK.

Water, garage, pd. Secured. \$375. 799-2267.

RICH 1 bdrm, modern, parking, \$300. (fee)

HOMEFINDER'S 849-2190

SP 1 bdrm, \$275 plus sec. Water, garage, pd.

233-6575; 758-6690.

SP 1 bdrm, \$300, 2341-21st St., E. A/EK, Water, garage, pd. Secured. \$250 dep. NO PETS. 233-4684.

SP 3 bdrm, \$450 mo. 2341-21st St., E. A/EK, Water, garage, pd. \$350 dep. NO PETS. 233-4684.

SP deluxe 2 bdrm near El Portal Center. Carpets, drapes, ref, stove. Quiet. \$350. 527-1858.

SP large 2 bdrms. Just painted. Refrig, stove. \$295 plus sec. 235-7016.

SP 1 bdrm, stove, ref, 12x15. First & 1st. 232-5830

SP 2 bdrms., carpets, drapes, stove, ref. Water/garage, pd. \$335 At. 5. 758-9589

SP 2 bdrm, modern, vd, parking, \$265. (fee)

HOMEFINDER'S 849-2190

SP Attractive, spacious 3 bdr studio. Carpets, drapes. Quiet. \$260. 237-3392.

SP 1 bdrm, \$250. 2341-21st St., E. A/EK, Water, garage, pd. \$350 dep. NO PETS. 233-4684.

SHARE RENTALS 790

SP male/female 2 bdrm cond. Hot-tub, sauna. \$200 plus utils. 236-4813.

N. Berk. house with Chris-

lian. No smoking. Refs. 530-526-744; 282-3321

MALE to share large

Pinoles Valley home with hot-tub. \$250 plus utilities. Call 758-6129.

PINOLE 6 UNITS in excellent condition.

Owners say sell and may carry. Gross income \$24,120. G-55 237-4266 Commercial/Investment

LOCATORS

COMMERCIAL-INDUSTRIAL 750

Immediately, approximately 1000 sq. ft. commercially zoned office space. Albany/El Cerrito area. Must have onsite parking. Please call eves, 232-9163.

HOUSES FOR RENT-UNFURNISHED 800

BERK. N. hill, above Grizzly, 2 bdrms, \$745 lease. Eves, wknds 225-2424

Houses-Flats-Apts

845-782 Berkeley Berkeley Connection

EC 2 bdrms., family room, garage, back-

yard. \$450 mo. 233-5561.

EC 3 bdrm, 1 1/2 bath, fam-

ily rm, washer, oven, dishwasher, fenced yard, private, quiet area. Close to transit, parking, \$450. Eves, wknds. 647-5488.

EC 3 bdrm, dining, 2 bath, fric, carpets, garage. \$745. 525-8431.

EC Hills 3 bdrms, 2 bath, excel view, lg double, fric, fenced, vd, dining, 10x6 carport, \$450. Eves, wknds. 647-5488.

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EC Hills 3 bdrms, 2 bath, excel view, lg double, fric, fenced, vd, dining, 10x6 carport, \$45

JOY
DISHWASHING
LIQUID
32-OZ. BOTTLE



1.49

Charmin.
TOILET TISSUE
4 ROLL PACK
ASST. COLORS




89¢
LONGS LOW
SALE PRICE

DIGEL
ANTI-GAS
ANTACID
12-OZ. LIQUID
OR 90 TABLETS



1.59
YOUR CHOICE

Longs Drugs
Where Everybody Saves



STORE HOURS
OPEN DAILY
FROM 9:30 A.M.
SUN. 10 A.M.-7 P.M.

Longs Drugs
Where Everybody Saves



**PLEASE COMPARE
OUR PRICES WE
ARE SURE YOU
WILL SEE WHY
YOUR NEIGHBORS
SHOP & SAVE
At Longs**


SALE PRICES EFFECTIVE SUNDAY FEB. 14TH, THRU SATURDAY FEB. 20TH, 1982
SALE PRICES LIMITED TO STOCK ON HAND — NO SALES TO DEALERS

PINOLE **SAN PABLO**
APPIAN WAY AT HIGHWAY 1-80 EL PORTAL SHOPPING CENTER
STORE PHONE 232-4373
758-4442 STORE PHONE 232-7960
RX PHONE 758-0880 RX PHONE 524-8886

EL CERRITO
EL CERRITO PLAZA
524-8886
524-5895

Our Prices will Please You!

LAWRY'S
3-OUNCE JAR
SEASONED SALT
1 5/8-OUNCE JAR
SEASONED PEPPER
OR 3-OZ. JAR GARLIC SALT



69¢
YOUR CHOICE
LONGS SPECIAL

SIGNAL
MOUTHWASH
& GARGLE
32-OUNCE SIZE



1.79
LONGS SPECIAL

COVER GIRL
MOISTURE WEAR
MAKE-UP
LIQUID, POWDER OR TUBE



1.79
YOUR CHOICE
SALE PRICE

APPLETIME
APPLE SAUCE
16-OZ. CAN



39¢
LONGS
SALE
PRICE

Diet Delight
CANNED FRUITS
FRUIT COCKTAIL, PEAR HALVES,
HALVES OR SLICED PEACHES



53¢
16-OUNCE CAN
YOUR CHOICE

Gillette
RIGHT GUARD®
DEODORANT
10-OZ. CAN
FAMILY
SIZE



2.29
LONGS SPECIAL

SWIFT
PREMIUM
CORNER BEEF
12-OUNCE
CAN



1.29

PLANTERS
COCKTAIL
PEANUTS
16-OZ. CAN




1.69
SALE PRICE

PLANTERS
DRY ROASTED
PEANUTS
16-OUNCE JAR
SALTED OR
UNSALTED



1.69

MOTHER'S
COOKIES
11-OZ. CIRCUS ANIMAL, ICED RAISIN,
12-OZ. TRIPLET, OR 11 1/2-OZ. WALNUT FUDGE




99¢
YOUR CHOICE

PERKY
FRUIT PIES
4 1/2-OZ. ASSORTED FLAVORS



27¢
LONGS SALE PRICE

GUITTARD
GOURMET TOUCH
SEMI-SWEET
CHOCOLATE CHIPS
12-OZ. BAG



1.59
LONGS LOW SALE PRICE

Comstock
CHERRY
PIE FILLING
21-OUNCE CAN




1.39
LONGS LOW SALE PRICE

SWIFT PREMIUM
ROAST BEEF
WITH
GRAVY
12-OZ. CAN



1.59

ARM & HAMMER
BAKING SODA
1-LB. BOX



39¢
LONGS SPECIAL

PURINA 100
CAT FOOD
ASST. FLAVORS
6-OZ. CAN



4\$1
FOR
SALE

LONGS LIQUOR SELECTIONS

GLEN FINNAN
BLENDED
SCOTCH WHISKY
86 PROOF



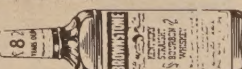
4.39
750 ML
LONGS SALE PRICE

OLD HILLS
STRAIGHT
BOURBON WHISKY
80 PROOF



3.99
750 ML
LONGS SALE PRICE

BROWNSTONE
KENTUCKY STRAIGHT
BOURBON WHISKY
86 PROOF



4.79
750 ML
LONGS SALE PRICE

ROSEBROOK
LONDON DRY
GIN
90 PROOF




3.29
750 ML
LONGS SALE PRICE

Smimoff
DISTILLERY
BOTTLED
VODKA
80 PROOF



9.49
1.75 LITER

HIRAM WALKER'S
TEN HIGH
STRAIGHT
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No end to local Raiderette's season

By LINDA ROSDAHL

CERRITO—The season has ended for the Oakland Raiders, but not for El Cerrito resident Anita Wheeler, a veteran Raiderette.

There still are publicity promotions, Raiderette weddings to attend and the decision whether to try out for the squad next season.

Among all the Raiderettes, Anita has with the squad the longest. In eight seasons she's seen them through high times, winning two Super Bowls, and disappointments, such as the past season.

"I don't think anyone expected the past season to turn out the way it did," she said. "If a team wins the Super Bowl, the expectation is to come back and do just as well or better. There's no doubt that the Raiders are there, and I don't see any reason why they can't come back next season and be one of the top teams again."

How does one keep the spirit up when football's winningest team isn't winning?

According to Mary Weber, another Raiderette and friend of the El Cerrito resident, "Anita's smile never stops whether the team is winning or losing. She is one of the primary forces in keeping the spirit up in or out of our locker room."

Anita laughs at this, crediting her enthusiasm to her cheerleading experience which dates back to her days as a pom-pom girl at El Cerrito High School in 1973 and her genuine interest in the Raiders.

"I take it very serious when they're playing," she said. "When I'm out there, I think about winning. After all, that's our whole purpose for being there, to do our part in helping the team win."

But cheerleading isn't all that keeps

Anita busy. A fulltime nurse for two plastic surgeons, she enjoys spending her free time waterskiing, biking and dancing. The 1977 Miss Richmond once was an active model, appearing in local commercials. She still models occasionally when not practicing with the Raiderettes or traveling to high schools around the Bay Area to help judge their prospective cheerleaders at tryouts.

"It's nice getting back to the high school level," she said with a smile. "It's very different from the pros. You don't have the fans going along with you since we actually don't lead cheers. In high school, everyone seems so involved."

A pretty smile, spirit and enthusiasm are the qualities Anita looks for while judging cheerleaders.

As for her own career as a cheerleader, Anita is uncertain whether she will return

next season. She has only praise for the Raiderettes and the Raiders' organization, but the decision to return for a ninth year will be one she will wait on for a while.

While contemplating the decision, she will continue to make publicity appearances and attend some of the Raiderettes' weddings.

"It's six months before tryouts and anything can happen between now and then," she said. "Around May I start to miss it, but I'll have to quit sometime."

If she decides not to return, Anita still can retire with fond memories. The fondest is Super Bowl XV, something local fans still afflicted with 49er fever can relate to now.

"The Super Bowl was great," she said. "The epitome of everything you're there for. Nothing can compare to it. I know I'll never have an experience like that again. It's nice to have been a part of it."



El Cerrito's Anita Wheeler

Spring sports preparing for outdoor seasons at CC

By DAVID MORGAN

SAN PABLO — Five so-called "minor" sports will make up the major portion of the spring calendar at Santa Costa College this year.

Along with baseball, track and field — swimming, golf and softball will also get underway this week. Figures to be the strongest of the programs, with a Phil Clifton boasting an outstanding recruiting campaign and several key returners.

Numbers and inexperience may hurt Len Chaplin's program, but outstanding individuals Brian Ramos, Waterworth, Steve Wittstock and Stacey Smith are among the strong seasons.

Neill Gunn has only one returning player out for the golf team, that being Lynn Scalberg, the only player on the team last year. Lou Toschi has balance on the tennis team. The softball program has several experienced players, but a new coach in energetic Peggy

Clifton. Last year, Clifton was predicting a state cham-

ionship for his CC thinclads before the campaign even started. This time around, he has a specific date for forecasting his prediction.

"Talk to me after the league finals," he said of the May 7 date. "I'll know a lot more then."

"But I'm extremely excited about the upcoming season. We have an excellent group of freshmen coming in."

Clifton also has 14 members of a talented 1981 squad back in uniform this season. Eric Decatur, the sensational sprinter from Vallejo, leads the group, while Byron Criddle may already be the state's premiere triple jumper.

For the women's team, sprinter Cynthia Miller and distance runner Polly Wright, off a fine cross country campaign, are the top returners. Kathy Douglas, who ran in the state meet last season, Emma Gaddies and Ginger Ivory are also back.

Swimming: Chaplin's swim crew may face the same problems his young water polo team faced in the fall — shortage of manpower and experience.

"We're going to have to get the most out of our total

athletes in order to do well," said Chaplin. "There is going to be a lot of double-duty for swimmers like Waterworth, Wittstock and Tim White."

Smith is the top returner for the women's team, and is looking forward to a state meet appearance after narrowly missing out last season.

CC opens its season at West Valley College Feb. 20, in an all-day relay event.

Tennis: Balance and experience are factors Toschi hopes will lead his CC string club. Four players return from last season, while two newcomers are the captains for the upcoming season.

"Last year, there was a great difference between our number one and six players," said Toschi. "This year, there's not much of a difference, if any, so that should help us."

Four teams from the Camino Norte Conference qualify for postseason playoffs, and Toschi's goal is for the Comets to be included in the elite event. The CC coach looks for defending champion American River College, Santa Rosa, Marin and San Joaquin Delta College as the top teams in league play.

Golf: Last year, Gunn had several quality golfers but the Comets lacked overall experience and depth. The result was a poor team record by the local club.

The season may have also changed Gunn's outlook for Contra Costa golf. Instead of looking for team goals, the coach is instead looking just for players.

Scalberg is the only returner, while Harold Anicama from Pinole Valley is one of several incoming freshmen. Gunn is still taking signups for his team, and can be reached at 235-7800, ext. 358.

Softball: Littell actually began preparation for the upcoming season in December in the CC Hit-a-Thon, which was held to support the baseball and softball programs at the local college.

Littell was one of the top recruiters of donations, and is hoping for equally successful luck in making the Comet softball program a winner.

She will have approximately two more weeks to do just that, before CC opens Camino Norte Conference play against league favorite Sacramento City College at CC on Feb. 24.

More talent adds CC diamond depth

By DAVID MORGAN

SAN PABLO — Job security figures to be a feature for Santa Costa College baseball cannot provide this year.

The revamped Comet program, coached again this year by Jim McCray, is apparently at a loss to provide jobs to deserving players. And those who do win a job are not given any guarantees.

The outfield, McCray believes, will be the most heavily contested area on the CC club. Following a fine first season, McCray has now fewer than seven outfielders with credentials meriting a first-line position.

Returning sophomores Kevin Traveler, Randy Mul- and Brian Finley will start the season from left-to-right. However, Darryle Brown, Robert Woods, Joey Mason and Kevin Sudduth, all new to the CC program, are waiting for their starting shot.

"Our outfield is so talented this year," said Muldrew, "if you get hurt or don't hit, you could lose your job."

Muldrew's cautious forecast is another indicator of the depth in the CC outfield. The Oakland High graduate was drafted on the fourth-round by the Oakland Athletics in January. Finley was also taken in the winter selection, going to the Milwaukee Brewers in round six.

If prospective major leaguers are worried about their job, there must be some competition to contend at CC.

"We should have the best outfield in the conference," McCray skipper McCray. "It should be the best, based on overall depth and talent."

In addition to the starters, Brown was a prep all-state player at Pinole Valley High School last season. The 5-9, 160 pound centerfielder will back up Muldrew in center, and figures to be a member of the Comets' starting rotation as a pitcher. McCray said Brown will also get a shot as the left-handed designated hitter.

Woods, meanwhile, was an all-leaguer while a prep at El Cerrito, and played in the Cal program last season. Morrison, a former teammate of Woods at EC, was slated to go to powerful Laney this season, but brought his power-hitting to San Pablo instead.

Sudduth led the Richmond-Berkeley Athletic League in batting as a senior two years ago.

The rest of McCray's starting lineup will be dominated by freshmen. Third base will be handled by either Mark Maiorana (Miramonte) or Lloyd Dawson (Kennedy), while ex-De Anza star Timmy Wallace has been moved from second-base to short in the absence of Kenny Holmes.

Jeff Williams will start at second base, while Kevin Siverson, a former standout at Pinole, has a lock on first.

The catching will be handled by Paul Bryant (El Cerrito) and Don Burrell (Oakland), a pair of returning sophomores.

McCray's pitching corps figures to be a great improvement over last season's group, as the Comet skipper will keep eight hurlers this year. "There's no question that pitching is the key to baseball," said McCray. "This year, we should have a real good staff. We have both the depth and the talent."

The Comets righthanded starters will be a pair of Vallejo fireballers in Joe Strong and Bob Carmichael. Brown figures to be the third regular member of the rotation as its only southpaw, while Kevin Jones is the only returner and could gain the fourth starting position.

The relieving will be handled by locals Casper Thomas (Harry Ells) and Dave Bowman (Pinole Valley) as the short and long firemen, respectively. Tom McClanahan (Vallejo) will also see good time out of the bullpen.

"I'm really looking forward to this year," said McCray. "I think we're going to play some exciting and competitive baseball."

"We had a great fall program, and an excellent recruiting year. Anyone you can get the top local talent, the Darryle Browns, Timmy Wallaces and Kevin Siversons, you can expect to have a good year."

The other reason McCray has such high expectations of his team is the assembly of qualified assistants in a strong three-man staff. Emery Phillips, longtime coach at Richmond High, joins McCray from St. Mary's College, while Mike Aaronian (from Cal) and Steve Ward (California Angels organization) round out the staff.

"I've always wanted to have a coaching staff," said McCray. "And this is melting together very well. I think Steve has done one hell of a job with the pitchers. Emery and I are the serious ones, and Mike keeps everyone loose."

"It's helped immeasurably to have such a good staff. Because we can help so many more kids, we'll carry over 20 this season."

And hopefully carry at least that many wins home.



—Staff photo

Freshman Tim Wallace starts at shortstop

EMOTED

(Continued from Page 1)

The City Council voted last May to hold the demolition, and Palmer for arbitration. He has been out of work as the result of a back injury for the last June.

The arbitrator ruled that Palmer be reinstated as assistant fire chief and paid back pay and all vacation, leave and other benefits to which he would have been entitled. His probationary period is to be extended

as well.

Palmer was ordered to enroll, at his own expense, in a "Dale-Carnegie" type course. The city is supposed to pay for 10 to 20 hours of counseling, to help Palmer adjust to the stresses of his post.

In a phone interview from his home, Palmer said, "The arbitrator found that the city stigmatized me in the department and in the city. They hurt my reputation."

Among other things, the arbitrator

found: that the city had not put its criticism of Palmer in written form, that the City Charter had no provision for demotions, that no stated reasons for the demotion were given at the time, that the Fire Department did not give Palmer appropriate direction, assistance and training to do his job and that other personnel were not supportive.

The city was also ordered to pay all costs of the arbitration procedure, which amount to \$2,754.

Trekking in Peru

THOUSAND OAKS — A slide presentation of "trekking in Peru" has

Making seviche

KENSINGTON — A continental cooking class will be taught Monday, Feb. 22, at 5:30 p.m. at Inn Kensington Restaurant, 293 Arlington, Kensington.

Instructor is Penny Dienes, who can be reached evenings at 526-2549 to make reservations. The menu includes se-viche, cassoulet and orange mousse. Participants will observe the preparation and then eat the meal.

Pancake supper set

THOUSAND OAKS — The Epworth United Methodist Church will begin its observance of the Lenten season with its traditional pancake supper, sponsored by the youth group, on Shrove Tuesday, Feb. 23, from 6:30 to 7:30 p.m.

Tickets are available for singles and families. Call 524-2921 for more information. The church is located in the Thousand Oaks district of North Berkeley at 1953 Hopkins St.

been set for Wednesday, Feb. 17 at the Northbrae Community Church, 941 The Alameda, in north Berkeley.

Reservation are required for the slide-dinner program which begins at 6:30 p.m. Cost is \$3.00 for adults and \$1.50 for children. For further information call 526-3805.

Film planned on Berkeley history

The Berkeley Historical Society will present an evening of historical films on Friday, Feb. 19, at 1414 Walnut St., Berkeley.

The program will include an hour film, presented by Louis Stein, on "The Key System." Other films include "A Trip to Berkeley" (1906) and "The 1923 Fire." Ellen Drori will show a 1916 film entitled "James Kennedy Funeral Parade."

The film series begins at 7:30 p.m. and donations are gratefully accepted. For more information call 524-3892.

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AT THE TRACK

(Continued from Page 1)

me by my track name: "The Cocky Jockey."

How did he pick his winners? "Learn the horses," he said.

Elsewhere in the record opening day crowd of 12,841, the betting strategies were as varied as the people who applied them.

A 78-year-old man from Union City trudged up the hill from the parking lot as he had done many times in his earlier career of shoeing horses. Missing his two upper front teeth, he refused to say who he was betting on. He had paid \$10 for a tip at a bar where the trainers and shoers hang out.

Down in the lower "grandstand level," a pipe-smoking lawyer stood in lone contrast to most of mob around him who had entered on the day's \$1 discount ticket (it's usually \$2.50). While others pressed to the rail and urged their favorites on with whoops and near-hysteria, the lawyer kept a calm regard.

"There's more pageantry back

east," said the 51-year-old attorney, Rex Jones from Marin. "Back there, they'll turn out Congress. Here it's basically gambling."

Jones was using a calculator to decide his bets, according to betting levels registered on the giant electric "tote board" in the middle of the track.

There is some ritual, however. Harvey Rosenblum, a 57-year-old trumpet player, stands in front of the crowd in a red coat and black hat and blows "To the Post" for a about 10 seconds before each race. He declined to say how much he got paid, but said it was professional scale for a day's work.

Isn't his total playing time for the day less than two minutes?

"I've spent more years learning this than a doctor spends learning what he does," he said. "I get paid for what I know, not what I do."

Nearly, a toothless old fellow had been waiting in the long betting window line for 10 minutes. Just as he got to the front, the race started and the window closed.

"I'm lucky," he said, "I ain't going

to lose my money this time." His strategy Tuesday was to pick the number 5 horse in every race. "I can't pick these goddam horses."

Up in the glass-enclosed "Turf Club," admission is \$10, and the betting lines are quick. Coats and slacks are required for men, and the women wear gold jewelry. Bettors carry mixed drinks and watch the race through binoculars or on color-TV monitors.

One man in gray, pin-striped suit used a mathematical formula. He added the digits in each jockey's weight to the odds on the horse. He placed his bet on the horse with the lowest sum.

During a test demonstration of his technique, he placed a \$2 minimum bet "across the board," which is three \$2 bets, one on the horse to win, one to place (second place) and one to show (third place). His horse came in first, and he won \$17.40 for his \$6 wager.

Altogether the fans at Tuesday's nine races bet \$1,842,401. There are 98 more racing days before the season closes.

ELECTION

(Continued on Page 10)

ning for re-election. In his filing statement, George stressed his experience as a local businessman and that he was "born and raised in Albany." George also said that he has had a special interest in issues concerning senior citizens.

Patricia Dempster, a former city clerk who retired from that position in 1979, urged voters to elect her because of her long-time experience in city affairs. Dempster said that she attended "more than 400 council meetings" while employed as city clerk.

Planning commissioner Ed McManus said in his statement that he will seek public debate about the issues that "threaten our city's ability to provide" essential services. McManus is vice-chair of the Planning and Zoning Commission and is active with the Albany Community News.

Both McManus and Dempster ran unsuccessful council campaigns in 1980.

Attorney Robert E. Nichols, who lists himself as a "long-time Albany

resident and a graduate of Albany High," is concerned about the "financial problems" facing Albany. Nichols said that he would ask the business community to increase productivity and add to the tax base "rather than look to the property taxpayer to foot the bill."

Teacher-attorney Henry Kruse, who teaches business methods at the

state-operated Orientation Center for the Blind in Albany, is also running for a council seat. Kruse has been a city resident since 1964 and is past president of the Albany Lions Club.

Four candidates are running for three positions on the Albany Board of Education. They are incumbents Peggy Thomsen, Kay Rabin, Jean B.G. Tenret and challenger Colston R. Westbrook.

Bowling

ALBANY—Ralph Willis provided a 228 game and 624 series as Moosehead Beer tightened its grip on first place in the 915 Major League at Albany Bowl by drubbing O&R Vending, 17-8.

Merry Jax climbed into a tie for second place after crushing Zappia Construction, 19-6. Ian Coad led the Merry Jax charge with 268-658 and was backed up by Matt Rei's 202-593, Rich Lunardi's 590 and Wade Cyrus' 589.

Sharing the second round with Merry Jax was Nevada Tahoe Tours, a 14-11 loser to Vern's Pro Shop, wasting Erik Quinn's 616.

Fred Allums shot 610 and Steve Waranietz added 593 as the Freezers downed Numero Uno, 19-6. Olympia Brewery won the other match from Timber, 18-7.



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